**Organic chicken, roasted poblano, pumpkin, and black bean soup**: For the perfect fall meal, try whipping up this hearty pumpkin soup with organic chicken. Its creamy texture is infused with spices like cumin and cinnamon, as well as feisty poblano peppers.

Ingredients:

3 poblano peppers

2 tbsp. olive oil

2 large organic boneless, skinless chicken breasts

1 medium yellow onion, finely diced

3 garlic cloves, finely diced

2 tbsp. ground cumin

1/2 tbsp. ground coriander

1/4 tsp. ground cinnamon

1 15 oz. can organic pumpkin, pureed

4 c. cooked black beans

6 c. low-sodium chicken or vegetable broth

Sea salt and freshly cracked black pepper to taste