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Pumpkin-Black Bean Soup

This Caribbean-inspired soup combines pumpkin, black beans, tomatoes, and sherry. It's topped with a tangy shower of queso fresco. Use vegetable broth to make this a meatless meal.

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Yield: 6 servings

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Ingredients

1 1/2 cups drained diced canned tomatoes	2 tablespoons sherry vinegar
2 (15-ounce) cans black beans, drained and rinsed	1/2 teaspoon freshly ground black pepper
1 teaspoon olive oil	1 (15-ounce) can pumpkin
Cooking spray	2 tablespoons dry sherry
1 1/2 cups finely chopped onion	1 cup (4 ounces) crumbled queso fresco
1 teaspoon ground cumin	1/2 cup sliced green onions
3 garlic cloves, minced	Pumpkinseed kernels (optional)
3 cups fat-free, less-sodium chicken broth	

Preparation

Place tomatoes and beans in a food processor; process until about half the beans are smooth. Set aside.

Heat oil in a Dutch oven coated with cooking spray over medium-high heat. Add onion to pan; sauté 5 minutes or until lightly browned. Add cumin and garlic; sauté 1 minute. Add bean mixture, broth, and next 3 ingredients (through pumpkin); bring to a boil. Cover, reduce heat, and simmer for 20 minutes. Stir in sherry. Ladle about 1 cup soup into each of 6 bowls; sprinkle each serving with about 2 tablespoons queso fresco and about 1 tablespoon green onions. Garnish with pumpkinseed kernels, if desired.

Nutritional Information

Amount per serving

Calories: 175 Calories from fat: 16% Fat: 3.1g Saturated fat: 1.2g Monounsaturated fat: 1.1g
 Polyunsaturated fat: 0.2g Protein: 10g Carbohydrate: 29.2g Fiber: 9.3g Cholesterol: 6mg Iron: 3mg
 Sodium: 785mg Calcium: 139mg
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