



WFPB Boo-tternut & Black Bean

From: Jenn Bradley/Jeff Spurgess Prep Time: 30 min

Serves: 20+

Cook Time: 1.5 hours

Instructions

- 1) Roast the squash, garlic and pumpkin in the oven
- 2) In a large pot, add the broth, onions, garlic, ½ of the celery, kale, finely chopped cilantro stems, spices, maple syrup, squash, pumpkin – cook until everything is tender. Add water if needed. Blend this with an immersion blender.
- 3) While the soup is cooking, chop the carrots and potatoes and set aside with the other ½ of celery.
- 4) After the base is blended, add the other ½ of celery, carrots, and potatoes. Add water if needed. Cook for 30-45 minutes – until the carrots are tender.
- 5) Add the coconut milk and black beans and cook for an additional 10-15 minutes.
- 6) Top with cilantro leaves and roasted pumpkin seeds

Notes

Ingredients

- 4 boxes vegetable broth
- 3 medium onions, chopped
- 1 whole stalk of celery
- 1 bunch of kale, shredded
- 6-8 pieces of turmeric, minced
- 2 tablespoons ground cumin
- 1 tablespoon smoked paprika
- 1 tablespoon ground cinnamon
- 1 tablespoon ground ginger
- 1 teaspoon ground cloves
- 1 teaspoon ground all spice
- 1/2 teaspoon ground nutmeg
- 1 tablespoon cayenne pepper
- ¼ cup maple syrup
- 4 cans of black beans, drained and rinsed
- 1 medium butternut squash, roasted
- 1 small cooking pumpkin, roasted
- 1 whole head of garlic, roasted
- Salt and pepper, to taste
- 1 bunch cilantro
- Roasted pumpkin seeds for topper

