



Black Bean and Butternut Soup

Serves 4-6

Measurements are a bit vague, but in this stew-like soup, there's no need for precision. Taste as you go and adjust the spices as desired.

1 Tbsp. organic canola or extra virgin olive oil
1 medium yellow onion, chopped
3 cloves garlic, chopped
1/2 a small head of cabbage, chopped (heaping 2 cups)
3 cups cubed butternut squash (sweet potato works too)
3 cups low sodium vegetable broth
1 tsp. cumin
1 tsp. cocoa powder
Pinch of chipotle powder or cayenne pepper
1 16oz can of black beans (drained and rinsed)
Salt to taste
Avocado/Greek yogurt/cilantro for garnish

1. In a large heavy bottomed pot, warm oil over medium heat. Add the chopped onion and sauté until just beginning to brown, about 6-8 minutes. Add the garlic, cabbage, squash and broth. Turn the heat down, cover and simmer vegetables for 15-20 minutes until the squash is tender.

2. Add the spices, cocoa powder and the beans, mix well. Uncover and gentle boil for 10-15 minutes until the flavors blend and a desired consistency is achieved. Salt to taste. (If you want a thicker soup, run a cup or two through a blender, return blended portion to pot and mix well.)

Garnish each bowl with diced avocado, a dollop of Greek yogurt and fresh cilantro. A sprinkle of goat cheese works well too.

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