

## Pumpkin Black Bean Soup

Serves 6-8

3 cans (43.5 oz.) black beans, rinsed and drained  
1 can (14.5 oz.) diced tomatoes  
1 can (16 oz.) pumpkin puree  
½ cup minced onion or shallots  
2-3 garlic cloves, minced  
4 Tbl. Olive or canola oil  
4 cups vegetable broth  
½ tsp ground pepper  
3 tsp ground cumin  
1 tsp cinnamon  
1 tsp allspice  
3 Tbl. Balsamic vinegar  
Baked pumpkin seeds, for garnish  
Sour cream for garnish

Place oil, onion/shallot, garlic, cumin, salt, pepper, cinnamon and allspice into large pot and cook on low-medium heat until onion and garlic begin to brown.

Using a food processor or immersion blender, puree the beans and tomatoes with one half of the vegetable broth. Add this mixture, pumpkin and remainder of broth to the pot. Simmer uncovered until thick, about 40-45 minutes. Before serving, stir in the balsamic vinegar. Top with a small dollop of sour cream and with toasted pumpkin seeds.