Black Bean & Pumpkin Soup
Makes about 14 servings

Ingredients:
- 3 15 oz. cans black beans
- 1 16 oz. can diced tomatoes
- 1 1/4 cups onion, chopped
- 4 cloves garlic, chopped
- 2 Tbsp. olive oil
- 2 Tbsp. ground cumin
- 1/2 tsp. pepper
- 4 1/2 cups low fat, low sodium beef broth
- 1 16 oz. can pumpkin puree
- 1/2 lb. chopped ham
- 4 Tbsp. apple cider vinegar

Directions:
1. Puree beans and tomatoes in blender, set aside.
2. In a large pan heat oil. Add onion, garlic, cumin and pepper and cook until lightly browned.
3. Stir in bean/tomato puree, beef broth and pumpkin.
4. Let simmer 25 minutes, or until thick enough to coat back of spoon.
5. Add ham and vinegar; stir until heated through.

Source: Recipe from Cooking Together for Family Meals Teaching Guide, Year 2, 2/18/08. Pat Thonney, FNEC Finger Lakes Region and Division of Nutritional Sciences, Cornell University.