Black Bean & Pumpkin Soup
Makes 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 tablespoons olive oil
2 tablespoons ground cumin
1/2 teaspoons pepper
4 1/2 cups low fat, low sodium beef broth
1 16 oz. can pumpkin puree
1/2 lb. chopped ham
4 tablespoons 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.

Nutrition Facts
14 servings per container
Serving size 1 cup (177g)
Amount per serving Calories 80
% Daily Value* Total Fat 3g 4%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 500mg 22%
Total Carbohydrate 10g 4%
Dietary Fiber 3g 11%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 5g
Vitamin D 0mcg 0%
Calcium 26mg 2%
Iron 1mg 6%
Potassium 138mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

34% calories from fat

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.