

Black Bean Butternut Squash Soup



Makes:

6 servings

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

medium mixing bowl

Blender

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Contributed By:

Chef John Lara

Personal chef to former U.S. President

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Recipe Description:

High in protein and fiber, this tasty soup combines a spicy punch with just a hint of honey - simply wonderful! Add a hearty bread and a salad and you have a complete meal.

Soup

2

pounds

butternut squash

(900

g)

4

cups

chicken broth

(950

mL)

8

ounces

leeks, chopped

(230

g)

4

ounces

celery, sliced, use Cone #4

(113

g)

$\frac{1}{2}$

teaspoon

sea salt

(2.5

mL)

$\frac{1}{2}$

teaspoon

nutmeg

(2.5

mL)

1

teaspoon

chili powder

(3

g)

1

teaspoon

cumin

(3

g)

2 - 3

leaves

sage

1

tablespoon

honey

(21

g)

$\frac{1}{2}$

cup

heavy cream

(120

mL)

16

ounces

black beans, rinsed and drained

(450

g)

Avocado Pico de Gallo

1

medium

tomato, seeded and finely diced

¹/₂

medium

avocado, finely diced

4

ounces

onion, strung, use Cone #2

(113

g)

1

tablespoon

lime juice

(15

mL)

tostada chips

sour cream

¹/₄

ounce

cilantro, minced

(7

g)

Directions:

1. Peel butternut squash, discard seeds, and rough-chop.
2. Preheat electric roaster to 300°F/150°C. Add 1 cup (240 mL) chicken broth, squash, leeks, celery, salt, nutmeg, sage, chili powder, cumin and honey. Simmer for 20 minutes until vegetables are tender.
3. Transfer vegetables in batches to a blender and puree incorporating 1 cup (240 mL) of chicken broth. Blend until smooth. You may need to do this in several batches.
4. Transfer butternut blended mixture back into MP5. Set temperature to 180°F/80°C and simmer, adding the remainder of the chicken broth and heavy cream.
5. Drain beans and rinse thoroughly. Fold beans into soup and continue to simmer for another 10 minutes.

Avocado Pico de Gallo

1. Combine all ingredients together, through lime juice, and fold gently.
2. Garnish by placing a tostada chip as a base, top tostada with Avocado Pico de Gallo, sour cream and cilantro.

Tips:

- For a nice variation, substitute same quantity of sweet

potatoes for the butternut squash.

- Can substitute vegetable broth for chicken broth.

Nutritional Information per Serving

Calories:

302

Total Fat:

9g

Saturated Fat:

5g

Cholesterol:

27mg

Sodium:

923mg

Total Carbs:

46g

Dietary Fiber:

11g

Sugar:

9g

Protein:

13g

Nutritional analysis does not include Avocado Pico de Gallo garnish.