

# Pumpkin Bean Soup

Remember to always ask an adult for help when using the stove/knives.

**Servings: 4**

**Prep: 15 m**

**Cook: 35 min**

**Ready in: 50 min**

## Ingredients:

**1 tbsp. olive oil**

**1 red bell pepper, chopped**

**1 onion, chopped**

**2 cloves garlic, minced**

**1 teaspoon ground cumin**

**1 (15oz) can pumpkin puree**

**1 (15oz) can black beans (rinsed and drained)**

**1 (14oz) can whole kernel corn (drained)**

**2 cups chicken broth**

**1 (8oz) can tomato sauce**

**1 tsp. chopped cilantro leaves**

**salt and pepper to taste**

**1/2 cup heavy cream, whipped (optional)**

- 1. Heat the olive oil in a saucepan over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Mix in the garlic and cumin and cook, stirring, for an additional 2 minutes.**
- 2. Pour in the pumpkin puree, black beans, corn, chicken broth, tomato sauce, and 1 teaspoon cilantro; season to taste with salt and pepper. Bring the soup to a gentle boil; reduce the heat and simmer, covered, for 25 minutes.**
- 3. Garnish each bowl of soup with a dollop of unsweetened whipped cream and additional cilantro, if desired.**

