

HEARTY VEGETABLE BEAN SOUP

From the Kitchen of: Darraugh Collins, Site Director, Food Rescue US Detroit

Preparation Time: 25 minutes | **Cook Time:** 35 minutes | **Yield:** 6-8 (12-ounce) bowls

Common Allergens: Soy

This recipe is packed with protein and a variety of vegetables, coming together quickly. It is very forgiving and can be altered to your tastes! Darraugh found this recipe during her cancer healing journey because her goal was to eat 10-13 different vegetables each day. She realized that “even though I was eating healthy foods, I was consuming many of the same things each day – and there were many vegetables I’ve never eaten often, if ever.”

She says that this recipe is well loved by everyone who tries it and has become a regular in her home. She hopes you enjoy making it too!

INGREDIENTS:

- 1 Tablespoon neutral oil
- 1 medium onion, chopped
- 4 medium garlic cloves, minced
- 1 1/2 cups butternut squash, cubed
- 1 1/2 cups acorn squash, cubed (or all butternut squash, if desired)
- 2 bell peppers, any color
- 1 block extra firm tofu, crumbled
- 1/2 Tablespoon cumin
- 1/2 Tablespoon coriander
- 1/2 Tablespoon sugar
- 1/2 Tablespoon cocoa powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cayenne
- 2 cups (or 20 ounces) diced tomatoes, fresh or packaged
- 1 can pumpkin purée
- 1 can or box kidney beans
- 1 can or box black beans
- 1 cup water or stock, add more to achieve desired consistency
- 2 bay leaves

INSTRUCTIONS:

- In a large pan or Dutch oven, heat up the oil and, once shimmery, add the onion and sauté it for 2-3 minutes. Then, add the garlic and continue to sauté for 1 minute.
- Add the butternut squash, acorn squash, and peppers. Stir, cover, and let cook for 7-8 minutes.
- Add the tofu and seasonings, and mix well. Cover and let the seasoned tofu and vegetables cook for 5 minutes, stirring occasionally.
- Add the pumpkin purée, diced tomatoes, kidney beans, black beans, water (or stock), and bay leaves. Stir and cover the soup.
- Bring the soup to a boil, then lower to a simmer and let it cook for 10 minutes.
- Remove the soup from the heat, compost (or discard) the bay leaves. Serve the soup with optional toppings or accompaniments listed below. Enjoy!

OPTIONAL TOPPINGS:

- Avocado
- Fresh cilantro, chopped
- Jalapenos
- Lime Wedges
- Sour Cream
- Rice or quinoa

“This recipe is very forgiving, so I’ve adjusted it to make use of full cans and whole ingredients so you don’t have any leftovers. We can write recipes better to avoid wasted food!”