



### Amazon Bean Soup with Winter Squash & Greens

Courtesy of Eating Well *February/March 2006*

**Makes:** 8 servings

#### Ingredients

- 1 tablespoon butter
- 4 cloves garlic, minced
- 2 carrots, chopped
- 1 medium onion, chopped
- 6 cups reduced-sodium chicken broth
- 3 pounds butternut squash, peeled and diced (~6 cups)
- 1 plum tomato, chopped
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 15-ounce cans pinto or other brown beans, rinsed
- 10 ounces spinach, stemmed and coarsely chopped
- 1 lime, cut into wedges

#### Preparation

Melt butter in a Dutch oven over medium-high heat. Add garlic, carrots and onion and cook, stirring occasionally, until the vegetables are tender and lightly browned, 5 to 7 minutes. Add broth and scrape up any browned bits with a wooden spoon. Add squash, tomato, crushed red pepper, salt and pepper and bring to a boil. Reduce heat to a simmer and cook until the squash is very soft and almost breaking apart, about 20 minutes.

Transfer 3 cups of the soup to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot. Stir in beans and spinach and cook over medium heat until the beans are heated through and the spinach is wilted, about 5 minutes. Serve with lime wedges.

#### Tips & Notes

Shaped like a flattened drum, butternut squash most closely resembles the local squash used in this comforting hearty soup from northern Brazil. It has a dark green peel, a grayish turban-shaped top and dense orange flesh. Hubbard, butternut or delicata squashes could also be used. For a festive look, serve in a roasted squash half .

#### Nutrition Per serving:

223 calories; 93g fat, 43 g carbs; 11g protein; 310 mg sodium