

Amazon Bean soup with winter squash and greens

Ingredients:

1 tablespoon butter

4 cloves garlic, minced

2 carrots, chopped

1 medium onion, chopped

6 cups reduced-sodium chicken broth

3 pounds buttercup squash, peeled and diced (about 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 (or fresh spinach or chopped kale or chard)

1 lime, cut into wedges

1. 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.

2. 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.

8 servings