



Squash & Pinto Bean Soup

2 servings
35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, diced)
- 1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 Carrot (medium, peeled, chopped)
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth, Low Sodium
- 1 cup Water
- 1 cup Pinto Beans (cooked)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	234
Fat	3g
Carbs	44g
Fiber	12g
Sugar	8g
Protein	10g
Cholesterol	0mg
Sodium	164mg
Vitamin A	19070IU
Vitamin C	35mg
Calcium	154mg
Iron	5mg
Selenium	6µg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and sauté for two to three minutes.
- 2 Add the squash and carrot. Cook for about five minutes and stir occasionally. Add the turmeric, salt, and pepper. Cook for another minute, then add the broth and water.
- 3 Stir and bring the mixture to a simmer. Cover the pot with a lid and simmer for about 20 minutes or until the vegetables are soft.
- 4 Add the beans to the pot. Simmer for another five minutes uncovered. Add the spinach, stir, and cook for two minutes or until wilted. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add garlic and/or paprika. Roughly blend 1/4 of the soup before adding the spinach for a thicker consistency.