



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Creamy White Bean and Pumpkin Soup

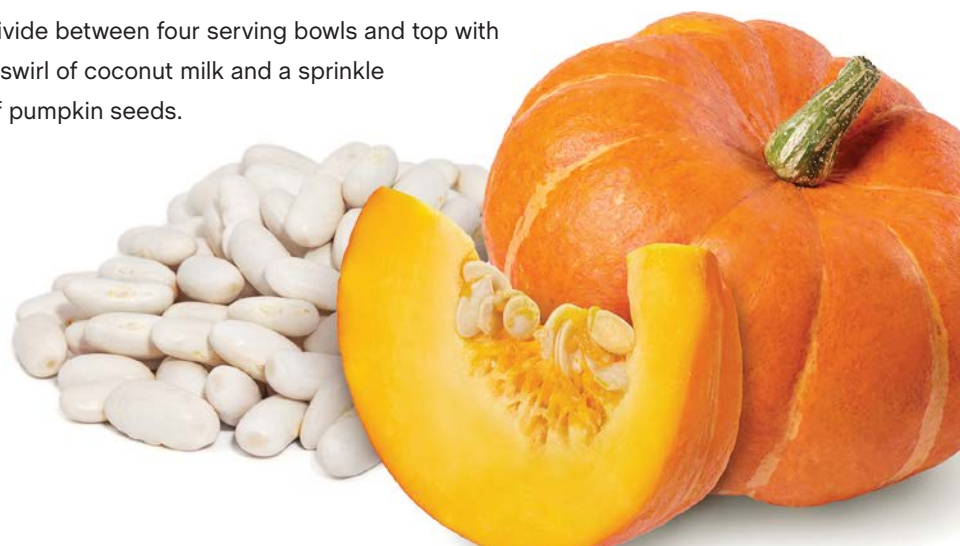
Creamy White Bean and Pumpkin Soup: Savor the flavors of fall with this warming soup, featuring protein-rich white beans in a veggie broth with onion, garlic, and of course, pumpkin.





INGREDIENTS

- 1 tbsp olive oil
- 2 cups roasted or pureed pumpkin
- ½ diced yellow onion
- 2 minced garlic cloves
- 2 cups vegetable stock
- 2 cups water
- 2 cups cooked white beans, divided
- ½ cup canned coconut milk
- ¼ cup toasted pumpkin seeds
- Salt and pepper

INSTRUCTIONS

1. Heat the olive oil in a large pot over medium high heat. Add the onion, cook until translucent. Add the garlic and cook for another minute.
2. Stir the pumpkin into the pot followed by the vegetable stock, water and half of the white beans. Cook for 15 minutes, then use an immersion blender to puree.
3. Taste and season with salt and pepper accordingly.
4. Add the remaining white beans and cook for an additional 10 minutes.
5. Divide between four serving bowls and top with a swirl of coconut milk and a sprinkle of pumpkin seeds.



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