

Spicy Squash Black Bean Soup

Bake squash and remove squash meat and put in blender- puree.
You may need to add a little liquid to help blend.

Simmer the following:

2-3 cups of water
2-3 tsp salt
3 red onions
1 T fresh grated ginger
8-10 cloves of garlic minced
1/2 tsp. red pepper
3 tsp. cumin
1 chopped jalapeno
1/2 tsp winter savory
1/2 tsp pepper

Add:

pureed squash
1 can of black beans drained

Heat through, then add:

1- 1/2 qts. of Coconut milk or 1 can w/additional water

Heat to simmer