

## **Spicy Butternut Squash Black Bean Soup**

**Bake squash and remove squash meat and put in a 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

Red sweet peppers chopped

### **Heat through, then add:**

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

### **Heat to simmer**