

Black Bean Pumpkin Soup

adapted from <http://smittenkitchen.com/2007/11/black-bean-pumkin-soup/>
who adapted it from Gourmet, November 1996

Yield: 9 cups

4 ½ cups black beans (about three 15½ ounce cans), rinsed and drained
1 or 2 cups drained canned tomatoes, chopped
1 ¼ cups chopped onion
½ cup minced shallot
1 tablespoon plus 2 teaspoons ground cumin
1 teaspoon salt
½ teaspoon freshly ground black pepper
2 tablespoons unsalted butter
4 cups beef broth
a 29-ounce can pumpkin puree (about 3 cups)
½ pound cooked ham, cut into 1/8-inch dice (or mushrooms or sausage)
3 to 4 tablespoons Sherry or wine vinegar

Garnish: sour cream, avocado slices or coarsely chopped lightly toasted pumpkin seeds

In a food processor or blender coarsely puree beans and tomatoes.

In a 6-quart heavy kettle cook onion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until onion is softened and beginning to brown. Stir in bean puree. Stir in broth, pumpkin, and Sherry until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon.

Just before serving, add ham and vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper.

Serve soup garnished with sour cream, avocado slices or toasted pumpkin seeds.