

Butternut Squash Soup with Black Beans and Cilantro (“366 Delicious Ways to Cook Rice, Beans and Grains” Andrea Chesman)

Yield: 4-6 servings

1 medium-sized butternut squash (about 2 ½ lbs)

4 cups high-quality chicken or vegetable broth

1 ½ cups cooked black beans

¼ cup chopped fresh cilantro

¼ cup chopped fresh chives or scallions

salt and black and white pepper

4-6 Tbsp light coconut milk

Peel the squash, remove any seeds and fibers, and cut into chunks. Combine with the broth in a large saucepan and simmer until the squash is tender, about 1 hour. Let cool slightly, then puree in a food processor or blender. Return to the pot and add the black beans, cilantro, chives, salt and pepper. Heat through over low heat. To serve, ladle the soup into individual bowls. Drizzle a Tbsp of coconut milk over each bowl and swirl gently with a spoon. Do not mix completely.