

## ***Pumpkin Black Bean Soup*** - Serves 4-6

- 1 Tbl. Oil
- 2 Tbl. Butter
- 1 Large Onion, sliced
- 6 C. Pumpkin cut into large chunks
- 3 C. Sliced Potatoes
- 2 1/2 C. Vegetable Stock
- 1/4 tsp. Nutmeg
- 1 tsp. Tarragon, fresh chopped
- 1 Small Can Black Beans
- 2 1/2 C. Milk
- 1/2 c. Cream
- 1 tsp. Lemon Juice
- More cream, sour cream or creme fraiche for serving



Heat the oil and butter in a pot. Add the onion and cook for 5 minutes over low heat until soft but not browned. Add the pumpkin and potatoes and stir. Stirring occasionally, cover and simmer for 10 minutes until the vegetables are almost tender. Stir in the vegetable stock, nutmeg, tarragon, and salt and pepper to taste. Add black beans and simmer 5 minutes. Bring to a boil, then lower heat and simmer for 10 minutes until everything is tender. Use an emersion blender to puree or let soup cool slightly and pour it into a food processor or blender and process until smooth. Pour back into the pot and add milk and cream. Add lemon juice and more salt and pepper if needed to taste. Serve hot topped with a spoonful of sour cream, creme fraiche or swirl more cream on top.