

Tina's Pumpkin & Black Bean Soup

Submitted by Tina Vamvakias

This vegetarian soup is hearty enough to eat as a meal. Pumpkin blends in with the vegetables, black beans and broth to add extra nutrition and delicious flavor which creates a nourishing dish the entire family will enjoy.

Ingredients:

1 tablespoon canola oil
5 green onions (white and light green parts), thinly sliced (slice dark parts and set aside for later)
1 red bell pepper, chopped
3 cloves garlic, chopped
1 1/2 teaspoons ground cumin
1/2 teaspoon dried thyme
2 cans (15 oz. each) black beans, rinsed and drained
1 can (15 oz.) Libby canned 100% Pure Pumpkin
1 can (14.5 oz.) no-salt added diced tomatoes, undrained
1 can (14 fl. oz.) vegetable broth
1/2 cup water
1/2 teaspoon salt or more to taste
1/8 teaspoon cayenne pepper or more to taste

Directions:

Heat oil in large saucepan over medium heat. Add white and light green parts of green onions, bell pepper and garlic; cook, stirring occasionally, for 4 to 5 minutes or until soft. Stir in cumin and thyme; cook, stirring occasionally, for 1 minute. Add beans, pumpkin, tomatoes and juice, broth and water; bring to a boil. Reduce heat to low; cook for 10 minutes. Stir in salt and cayenne pepper. Top each serving with dark green onion tops.

“To fast in the soul means keeping silent more and praying more frequently by oneself saying, “Lord, Jesus Christ, Son of God, have mercy on me, a sinner.” At first this prayer will be only in our minds, then, because of the mind's prayerful effort, suddenly, we know not how, this prayer passes into our hearts. It is possible that at this moment we may even weep and in this way we are baptized anew in the unseen font of our tears. There are all kinds of tears: tears of exaltation, tears of joy, tears of sadness, but the most precious are tears of compunction and repentance.” Metropolitan Vitaly