

Autumn Vegetable Soup



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Ingredients:

- 1-2/3 pt. vegetable stock or chicken stock
- 1-1/3 tbsp. olive oil
- 1/2 c. yellow onion, diced
- 1/2 c. carrots, peeled and diced
- 2 cloves garlic, minced
- 3/4 c. butternut squash, peeled and diced
- 1/8 tsp. ground allspice
- 2/3 tsp. kosher salt
- 1/8 tsp. cayenne pepper
- 1-1/3 tsp. thyme, chopped
- 2 c. tomatoes, diced with juice
- 2 tbsp. kale, chopped
- 8 tbsp. garbanzo beans (chickpeas), rinsed and drained

Directions:

1. Heat oil in stock pot over medium high heat.
2. Add onion and carrot. Cook, stirring occasionally, for 6 minutes or until slightly softened.
3. Add garlic. Cook for 1 minute.
4. Add squash, allspice, salt and cayenne pepper. Stir to combine.
5. Add thyme, stock, tomatoes and juice. Bring to a boil. Reduce heat and simmer for 10 minutes.
6. Add kale and chickpeas. Cook for 10 minutes or until squash is tender and kale is wilted.

