



Hearty Pumpkin and Red Bean Soup

5'
Hands on

40'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 720 g beans, red, rinsed and strained
- 400 g canned tomatoes
- 3 onions, finely chopped
- 3 clove(s) of garlic
- 2 teaspoon(s) cumin
- salt
- pepper
- 60 g butter
- 1 liter stock, beef
- 600 g [pumpkin puree](#)
- 240 g white wine, sweet
- 250 g pork, smoked cut into cubes
- 3-4 tablespoon(s) apple cider vinegar

For garnish

- heavy cream 35%

Method

Photo credit: G.

Drakopoulos

- Puree the beans and tomatoes in a food processor.
- In a pot, melt the butter and sauté the onions, garlic and cumin over medium heat. Season with salt and pepper.
- Sauté until they soften and start to turn golden.
- Add the wine, wait until the alcohol evaporates. Add the [pumpkin puree](#).
- Add the stock and bean mixture. Simmer for about ½ an hour.
- Add the smoked ham and apple cider when the soup is almost done and ready to serve. Simmer just until they get warm.
- Season to taste. Serve with yogurt and pumpkin seeds.

Διατροφικός πίνακας

Nutrition information per portion

305 Calories (kcal)	5.7 Total Fat (g)	2.3 Saturated Fat (g)	31.0 Total Carbs (g)
15%	8%	12%	12%
9.7 Sugars (g)	26.0 Protein (g)	11.0 Fibre (g)	4.0 Sodium (g)
11%	52%	44%	67%