



Black Bean & Butternut Soup



1/6th of recipe (about 1 1/4 cups): 115 calories, 0.5g total fat (0g sat. fat), 639mg sodium, 24g carbs, 5.5g fiber, 5g sugars, 5g protein

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Prep: 10 minutes **Cook:** 3–4 hours or 7–8 hours



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Ingredients

3 cups butternut squash cut into 1-inch chunks (about half of a medium squash)
One 15-oz. can black beans, drained and rinsed
1 cup chopped cabbage
1 cup chopped onion
1 tsp. chopped garlic
1/4 tsp. cayenne pepper
1/4 tsp. ground cumin
4 cups vegetable broth
Optional seasonings: salt, black pepper

Directions

Combine all ingredients except broth in a slow cooker. Add broth, and mix well.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until veggies are soft.

MAKES 6 SERVINGS

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