



Winter Vegetable Soup makes 10 cups (6 servings)

- 1 acorn squash
- 1 Tbs (15mL) olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 15-ounce (420g) can garbanzo beans, drained and rinsed\*
- 2 cups (450g) canned tomatoes, slightly broken up
- 1 cup (240mL) water, or more
- 1 bunch kale, washed and chopped into 2-inch (3cm) strips
- 1/2 tsp (3g) salt
- 1/2 tsp (1g) ground cumin
- Freshly ground pepper

\*rinsing beans can help reduce some of the sodium

Cut the acorn squash in half and carefully slice the peel off. Remove the seeds and chop into 1–2-inch (2–5cm) pieces. Set aside.

In a large pot, sauté the onions. Add the minced garlic and sauté for a few more minutes.

Add the squash, garbanzo beans, canned tomatoes with their juices, water, cumin, salt, and pepper and bring to a boil.

Cover the pot and simmer for about 30 minutes, until the squash is tender. Add more water if needed.

Add the chopped kale and simmer for another 10 minutes, until the kale is cooked and greatly reduced in size. Test the seasoning, adding more cumin or pepper if a spicier soup is desired.

### **Nutritional Info**

**Calories** 156

**Total fat** 3g                      **Saturated Fat** 0.4g    **Monounsaturated Fat** 1.9g

**Sodium** 480g                      **Potassium** 519g

**Total Carbohydrate** 28g    **Dietary Fiber** 6.3g                      **Sugars** 2g

**Protein** 5g