



Butternut squash and Black Bean Soup or Stew



Ingredients

2 cups cooked or canned Black Beans
1 Butter nut squash
1 onion
3 or more cloves of garlic
Can of diced tomatoes
Bouillon cube or two... your choice
Water (to your preference - soup or stew tonight?)
2 - 4 tbsp oil
1-2 tbsp of spices that you like

(middle east spice blend is one of my faves for connecting with my turkish roots! Mix and match as your palette desires...These spices are warming and /or nourish Qi: garlic, oregano, paprika, chili, cardamom, dill, parsley)

Cooking suggestions

Dice the onion
Pour the oil in a pot and throw the diced onion in.
heat on low while you cut things up

Chop or mince Garlic
Cube the butternut squash

Make sure you have enough oil...
Add the garlic and squash and mix occasionally while you open the canned tomatoes

Add the tomatoes
Add the bouillon
Add the beans
Add water to stew or soup consistency

Bring to a boil
Turn heat down, cover and cook on low for 30 min

And voila! You have yummy food :)

Instant pot instructions

First do Oil and onions...
Then throw it all in and pressure cook on high for 8 minutes. I like to turn off the keep warm option as I find it gets too mushy... and you do you!