

# Red beans & pumpkin soup

W CRISPY BAKED BREAD

## Ingredients (4 serves)

400 g red beans

2 celery sticks chopped

1 brown onion chopped

4 bay leaves

2 sweet potatoes in small cubes

500g pumpkin (JAP is best!) in cubes

**Garnish:** Extra virgin olive oil (drizzle)

Fresh parsley

Salt & pepper

**Optional:** Slices of sourdough bread  
garlic & extra virgin olive oil

## Procedure

Pre-soak beans overnight, change water, then cook (simmer) for 30min with celery/onion/bay leaves. Add diced pumpkin and potatoes to pot and add water to cover up everything (the more water you add the more liquid the soup will be). Cook for another 20min covered. Take 1/3 of soup and blend it, then add it back (you can also blend the entire soup).

**For bread:** crush a garlic clove and mix it with 2 Tbsp. of olive oil. Use brush to spread on bread. Bake for 10min. serve with soup!

