



## **Thai Soup in an Instant**

Sue from Arvada, Colorado, submitted this abbreviated version of a wonderfully flavorful recipe from her cousin Ellen. If you're really in a hurry, substitute 1 tsp. onion powder for the diced onion. You can also vary the amount of jalapenos, depending on how hot you like your soup.

- 1/2 medium onion, diced
- 1 14-oz. can black beans, pureed
- 1 14-oz. can vegetable broth
- 1 14-oz. can pure pumpkin
- 1 14-oz. can coconut milk
- 2-3 Tbs. jalapenos, diced, or 1-oz canned
- 2 tsp. cumin
- 1/2 tsp. prepared minced garlic

Combine all ingredients in a soup pot; heat to boiling; reduce heat and simmer for 5 minutes. Garnish with fresh chopped cilantro.