

Adzuki Bean and Butternut Squash Soup



Author: Monika Topolko

Serves 4

Prep time: 10min

Cook time: 1h 10min

Total time: 1h 20min

Difficulty: Basic

Category: Soups & stews, Vegetarian

This healthy, nutritious and comforting soup will keep you warm during chilly winter days. It's extremely versatile so you can add all sorts of different vegetables to it and instead of adzuki you can use any other kind of beans you like. It's especially delicious finished with some fresh cilantro and a dollop of yogurt.

Ingredients

150g dried Adzuki beans, (or 400g cooked beans)
2 tablespoons olive oil
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 red chilli pepper
1/2 teaspoon ground coriander
1 purple onion, finely chopped
2 garlic cloves, minced
1 large carrot, diced
1/4 celeriac root, diced
1 tablespoon tomato puree
1 teaspoon smoked paprika
1/2 teaspoon ground chilli
generous pinch of dried thyme
1 bay leaf
300g butternut squashed, peeled and cut into 1 cm pieces
1 l vegetable or chicken stock
some salt
freshly ground pepper

Directions

Put Adzuki beans in a bowl and cover with cold water. Leave overnight to soak. The next day, drain the beans, put them into a pot and cover with a litre of cold water. Add a pinch of cumin seeds or dried kombu. Simmer on low-medium heat for 35-40 minutes and drain.

In a large pot heat olive oil. Add cumin and coriander seeds, chilli pepper and ground coriander and cook briefly. Add the onion and garlic and cook for 2 minutes. Then add carrot and celeriac root and season with salt and pepper. Add tomato puree, smoked paprika, ground chilli and dried thyme and cook for a few minutes. Pour vegetable or chicken stock over the vegetables, add bay leaf and cook until it starts to boil. Put the lid on and cook on low heat until the carrot is soft, around 15 minutes. Add butternut squash and cook for 6-8 minutes. In the end, add the beans and cook for a few more minutes, or

until the beans are reheated. Add more stock or water if necessary.
Sprinkle with fresh cilantro and serve with whole wheat bread and a dollop of yogurt or sour cream.