

Corn, Bean & Squash Soup (Alice's CBS Soup)

serves 8-10

A simple, delicious fall or winter soup. Filling enough to use as a main course. This soup has beautiful color combinations and is loved by nearly everyone I have prepared it for. Great to do in large batches for parties or to share.

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| 2 T. extra virgin olive oil | 1 c. potato, 1/2" dice |
| 1 c. onion, 1/2" dice | 1 1/2 tsp. salt |
| 1 T. balsamic vinegar | 1 tsp. black pepper |
| 1/2 c. carrot, 1/4" dice | 1/4 tsp. ground coriander |
| 1 tsp. fresh minced garlic | 1 tsp. crushed red pepper flakes |
| 2 c. peeled, seeded winter squash
(butternut and delicata are my favorites) | 2 T. fresh lime juice |
| 1 T. dry sherry | 1/2 tsp. dried basil |
| 2 c. sweet corn, fresh or frozen | 1/4 tsp. dried oregano |
| 1 1/2 c. cooked black beans (one
16-oz. can or 2/3 cup dry beans
cooked with 2 cups liquid) | 1 c. fresh or canned finely diced or
crushed tomato |
| 1 1/2 c. cooked cannellini or great
northern beans | 2 T. nutritional yeast (optional) |
| | 8-12 c. vegetable stock (see pg.) |

Heat the oil in a large (6-8 quart) soup pot on medium high heat. Add the onions and saute' until they are fully softened and beginning to brown, 10-15 minutes. Drizzle with drops of the balsamic vinegar throughout the onion cooking time, especially when they begin to stick to the bottom of the pot. Add the carrots and saute' another 5 minutes. Add the garlic, squash, and sherry and saute' for another 5 minutes. Now add the corn, beans, and the rest of the ingredients except the stock. Stir until all the ingredients are well mixed. Take a moment to notice the beautiful mix of colors and the wonderful aroma.

Add enough stock to cover the ingredients by an inch or two. Bring to a boil, then simmer on low heat for 40 minutes to an hour, giving the flavor time to fully develop into an integrated, blended marriage rather than a pot full of separate tastes. When the squash is tender, adjust the flavors as needed and thin if necessary to finish with a brothy but hearty soup. Serve with crusty rolls or corn bread, a salad with avocado and lime vinaigrette, and chocolate cake with whipped cream or flan for dessert.