

# CREAMY PUMPKIN BEAN SOUP



**Rosie's Preserving School**  
PRESERVING PRESERVING

# EQUIPMENT LIST

- chopping board
- knife
- ladle
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals

Increase ingredients if you want to make bigger jars or more of them! The recipe should make around 7 x 500ml jars

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

*Rosie*

# INGREDIENTS

- |  |              |         |
|--|--------------|---------|
| <input checked="" type="checkbox"/> onion, finely chopped                | 1            |         |
| <input checked="" type="checkbox"/> fresh garlic, minced                 | 2 cloves     |         |
| <input checked="" type="checkbox"/> ground cumin                         | 1 tablespoon |         |
| <input checked="" type="checkbox"/> ground cinnamon                      | 1 teaspoon   |         |
| <input checked="" type="checkbox"/> salt                                 | 1 teaspoon   |         |
| <input checked="" type="checkbox"/> paprika                              | 4 teaspoons  |         |
| <input checked="" type="checkbox"/> stock or water                       | 2 litres     | 4 pints |
| <input type="checkbox"/> mixed dried beans of choice                     | 900g         | 2lbs    |
| <input checked="" type="checkbox"/> pumpkin or butternut squash          | 900g         | 2lbs    |
| <input checked="" type="checkbox"/> tinned tomatoes or passata           | 300g         | 14oz    |
| <input checked="" type="checkbox"/> sour cream or plain yoghurt to serve |              |         |



# METHOD

## BEFORE THE WORKSHOP

Get your jars, lids and seals organised

Canner prepped with water, but do not heat.

## WORKSHOP

This recipe is raw packed so cold jars, cold ingredients, cold canner

Start by adding around 100g of your chosen beans to the jars

Mix the garlic and onion together and add on top of the beans

Then layer in the pumpkin/squash

In a large jug combine the stock, tomatoes and spices and then pour over the contents of the jars allowing 3cms/1 inch headspace. Debubble and then wipe the rims with vinegar on a paper towel.

Add the seals and screw lids/rings.

Add to the canner, add 2 tablespoons vinegar to the water in the canner, then close the lid. Process at 75 mins 10psi for 500ml jars, 90 mins 10 psi for 750ml upwards

To serve: process the soup in a blender or with an immersion blender.

Reheat and serve with a swirl of sour cream or plain yoghurt and a chunk of good bread