Cream of Patty Pan Squash and Sweet Corn Soup

Jacob · 30/09/2024



Prep Time

8 hrs

Dificult

Medium

Servings

10 hrs 25 mins

Description

Vegan saltfree oilfree glutenfree dairyfree soup These cute little patty pan squash grow so quickly and are plentiful on the vines Im always looking for ways to incorporate them into our meals but also to highlight how unique creamy and flavorful they are This soup is both nutritious and delicious A family favorite Serve with a pinch of cayenne or paprika if you like milder and green onions

Ingredients

— - 1 cup dried navy beans - 1 large sweet onion (such as Vidalia®)

— diced - 2 cloves garlic

— minced - 6 cups low-sodium vegetable broth - 1 teaspoon hot (Madras) curry powder - 1 teaspoon lemon balm - ¼ teaspoon ground white pepper - 1 pinch cayenne pepper - 3 ½ cups patty pan squash

— diced - 3 cups fresh corn kernels

Instructions

1. Place dried navy beans into a large container and cover with several inches of cool water; let soak
2. 8 hours to overnight. Drain. Heat 2 to 3 tablespoons of water in a pot over medium-high heat. Add onion and cook until translucent
3. about 5 minutes. Add garlic and more water if necessary; saute for 2 minutes. Add vegetable broth
4. pre-soaked beans
5. curry powder
6. lemon balm
7. white pepper
8. and cayenne; bring to a boil. Reduce heat to medium-low and simmer until beans are nearly tender
9. about 1 hour. Add squash to the simmering beans and bring back to a very slow boil. Simmer until squash and beans are tender
10. about 30 minutes more. Allow to cool slightly; use an immersion blender or transfer to a blender to blend until soup is smooth and creamy. Add corn to the pot and adjust seasoning as necessary. Heat to a slow boil and then reduce to a simmer. Continue to simmer until corn is tender
11. about 10 minutes. Cook's Note: You can use any white bean you like. You can use frozen corn instead of fresh.