

## Welcome Autumn Whole Grain and Bean Soup – Comfort du Jour

My favorite part of fall and “cooler weather” is that I’ll soon unpack all my sweaters and leggings and boots, and I can finally put my kitchen focus on my favorite foods, like this autumn-inspired soup.

The comforting nature of this soup is exactly the right way to usher in my very favorite season. It builds flavor over a few hours and has a good many ingredients (though all are simple). The best part is that the leftovers will leave you as satisfied as the original bowlful, and if you happen to have some crusty dinner rolls or baguette slices on the side—well, even better! This recipe will make approximately 8 servings.

### INGREDIENTS

2 cups [Bob’s Red Mill “whole grain and beans” soup mix](#)  
2 cartons (8 cups) vegetable or chicken broth  
2 Tbsp. extra virgin olive oil  
1 lb. ground turkey (omit for vegan)  
1 medium onion, chopped  
3 ribs celery, strings removed and chopped  
3 cloves garlic, chopped  
1/4 cup sun dried tomato, cut into small pieces  
1 tsp. poultry seasoning (or 1/4 tsp. each ground sage, thyme, onion powder, celery seed)  
1 small butternut squash, cubed into 1” pieces  
8 oz. package cremini mushrooms, cleaned and sliced  
Kosher or sea salt and freshly ground black pepper  
1 Tbsp. low-sodium vegetable or chicken bouillon base

### INSTRUCTIONS

1. Use a fine mesh strainer to rinse both cups of grain and bean mix.
2. Add soup mix and 2 cartons of broth to a large stock pot. Bring to boil momentarily, then reduce heat, cover and simmer until beans are tender (approximately 2 hours).
3. Heat oven to 400° F. Drizzle olive oil on butternut squash cubes, season with salt and pepper, and roast about 30 minutes, or until just fork tender.
4. In a skillet over medium heat, swirl in olive oil and cook ground turkey until browned, about 5 minutes. Add onions, garlic, celery and sun-dried tomato bits and cook 3 more minutes. Season with salt, pepper and poultry seasoning.
5. Add browned turkey mixture to the bean soup and stir to combine.
6. In the same skillet used to brown turkey, add another tablespoon of olive oil and sauté mushrooms until just lightly browned. Avoid crowding the pan, or mushrooms will steam rather than brown. You may need to do them in two batches.
7. When mushrooms are browned, add them to the soup, along with the roasted squash.
8. For an extra boost of chicken flavor and richness, stir in a tablespoon of bouillon base, straight from the jar. Alternatively, add two bouillon cubes, but do not dissolve them in water.
9. Allow the soup to simmer for a few hours. Enjoy on its own, or with a crusty dinner roll or baguette slices.