

What's Cooking? Recipe

Pumpkin Soup

Recipe from Eating Well Through Cancer by Holly Clegg

Makes 6 (1-cup) servings

Ingredients

- ½ cup chopped onion
- ½ teaspoon minced garlic
- 1 (15-ounce) can solid pack pumpkin
- 3½ cups canned fat-free chicken broth or vegetable broth
- ½ cup skim milk
- Salt and pepper to taste
- Nonfat plain yogurt

Preparation

- 1) In pot coated with nonstick cooking spray, sauté onion and garlic over medium heat until tender, 5 minutes. Add pumpkin. Gradually add chicken broth and milk. Season with salt and pepper.
- 2) Cook until heated through, about 5 minutes. Serve with a dollop of yogurt.

Nutrition Information per serving: 45 calories, 4 g protein, 8 g carbohydrates, 0 g fat, 0 g saturated fat, 3 g fiber, 0 mg cholesterol, 391 mg sodium

Nutrition Nugget: Onions provide Vitamin C and folate while the pumpkin provides beta carotene and Vitamin C.

Additional Notes:
