

Pumpkin and Bean Soup

Ingredients:

- 15 ounces white beans
- 1 onion
- 1 cup water
- 15 ounces pumpkin, canned
- 1 1/2 cups apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/2 teaspoon black pepper

Equipment:

- Colander
- Mixing bowl
- Potato masher
- Cutting board
- Knife
- Can opener
- Sauce pan
- Measuring spoons
- Measuring cup

Directions

1. Open can of white beans and pour into colander. Rinse under cool water to remove sodium. Allow to drain. Add to bowl.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into very small pieces. Add to bowl.
3. Add water to bowl, and mash white beans, onion, and water together until smooth with a potato masher or blender. Set aside.
4. In a large saucepan, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
5. Add the blended bean mix to the pot.
6. Cook over low heat for 15-20 minutes, until warmed through.

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 35 minutes

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Nutrition Facts

Serving Size: 1 cup			
Servings: 6			
Amount Per Serving			
Calories 292	Calories from Fat 9		
		%Daily Value*	
Total Fat 1g			2%
Saturated Fat 1g			5%
Cholesterol 0mg			0%
Sodium 16mg			1%
Potassium 1619mg			46%
Total Carbohydrate 56g			19%
Dietary Fiber 12g			48%
Protein 18g			36%
Vitamin A	23%	Vitamin C	13%
Iron	44%	Calcium	20%

*Percent Daily Values are based on a 2,000 calorie diet.

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