

## 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

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

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

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.