

Eat Smart • Move More

Pumpkin Soup

Prep Time: 10 minutes

Total Time: 50 minutes



Ingredients

- 2 teaspoons olive oil
- $\frac{2}{3}$ onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- 4 cups water
- 4 reduced sodium vegetable bouillon cubes
- 1 potato, peeled and cubed
- 14 $\frac{1}{2}$ ounces canned pumpkin puree

Nutrition Facts

6 servings per container
Serving size **1 serving**
(284.82g)

Amount per serving
Calories **80**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 16g **6%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 38mg **2%**

Iron 1mg **6%**

Potassium 311mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Ground ginger can be substituted with 1 teaspoon peeled, minced fresh ginger.
- ▶ Cut the potato consistently into 1-inch cubes for a quicker cook time.
- ▶ Keep the potato peel on for added nutrition. NOTE: The potato peel will keep from blending as smoothly.

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Directions

- In a stockpot, heat oil over medium-high heat. Add onion, celery, garlic, and sugar and cook 4 minutes or until tender.
- Add ginger, nutmeg, black pepper, cinnamon, and salt. Stir to coat. Add water, bouillon cubes, potato, and pumpkin. Bring to a boil.
- Reduce heat to medium-low, partially cover, and simmer for 20 minutes, until potato is tender.
- Serve warm. NOTE: Top with light sour cream, green onions, or pumpkin seeds (the recipe analysis did not include toppings). Refrigerate leftovers within 2 hours.

(Recipe from: Faithful Families, North Carolina State University, 2019.)

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