

Hurry-Up Pumpkin Soup

This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 4 cups low sodium chicken broth
- 3 cups cooked, diced pumpkin or 1 28-ounce can cooked pumpkin
- 1 cup thinly sliced onion
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/2 cup low-fat milk (or reconstituted nonfat dry milk)

Directions:

1. Combine all ingredients except milk in a medium saucepan.
2. Heat to boiling; reduce heat and simmer 15 minutes.
3. Mash mixture well, or puree in a blender, 2 cups at a time.
4. Add milk to pumpkin mixture and reheat until steaming.
5. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 1 cup (258g)	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 600mg	25%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 310%	• Vitamin C 10%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: Serve this soup with toast or a muffin for a hearty meal.

8 servings, 1 cup each

Bright Ideas:

Source: Nellie Oehler, OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>