

Curried Pumpkin-Vegetable Soup

Soup of the Month September - 2012



Did you know that pumpkin is a super source of vitamin A for healthy vision?

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 servings (1 1/2 cups each)

INGREDIENTS

1 teaspoon olive oil
1 medium onion, chopped (1/2 cup)
1 clove garlic, finely chopped
2 cups frozen mixed vegetables
1 can (15 oz.) pumpkin (not pumpkin pie mix)
1 can (14.5 oz.) diced tomatoes, un-drained
1 can (14 oz.) fat-free chicken broth with 33% less sodium
1/2 cup water
1/2 teaspoon sugar
1 1/2 teaspoons curry powder
1 teaspoon paprika

DIRECTIONS

1. In 3-quart saucepan, heat oil over medium-high heat. Add onion and garlic; cook 1 to 2 minutes, stirring frequently, until onion is crisp-tender.
2. Stir in remaining ingredients. Heat to boiling. Reduce heat to low; cover and simmer 10 to 12 minutes, stirring occasionally, until vegetables are tender. If desired, season to taste with pepper.

Recipe Provides: Vegetables 1 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	160	Calories from Fat:	15
Total Fat:	2 g	Saturated Fat:	0 g	Cholesterol:	0 mg
Sodium:	420 mg	Dietary Fiber:	9 g	Total Carbohydrate:	28 g
Sugars:	10 g	Protein:	6 g		



This recipe adapted from www.eatbetterearly.com