



QUICK N' EASY PUMPKIN SOUP
FROM FRUITS AND VEGGIES MORE MATTERS
WWW.FRUITSSANDVEGGIESMOREMATTERS.ORG

Servings: 4

Preparation Time : 25 Min. or less

Ingredients:

- 1-2 small pumpkins (16 oz once pureed)
- 2 cups low-sodium chicken broth
- 2-3 teaspoon artificial sweetener (sucralose)
- Dash of salt
- 1 teaspoon pumpkin pie spice
- 1 cup skim milk

Directions:

1. Cut off top and stem of pumpkins. Cut pumpkins into quarters. Using a spoon or scoop, scrape out seeds and pulp.
2. Place pumpkin quarters on a baking sheet and roast in 350 degree oven for 45 minutes or until pumpkin is tender. Using a knife, peel off pumpkin skin from pumpkin pieces.
3. Place pumpkin pieces in blender or food processor (or use potato masher) and process until smooth.
4. Combine broth, spices, and pumpkin in a saucepot over medium heat. Bring to a boil.
5. Reduce heat and allow to simmer for about 15 minutes. Slowly add milk and heat through, careful not to boil.
6. Add sweetener to taste.

| Nutrition Information Per Serving: | |
|------------------------------------|-------|
| Calories | 70 |
| Total Fat | 0g |
| Cholesterol | 5mg |
| Sat. Fat | 0g |
| Sodium | 480mg |
| Carbs | 13g |
| Fiber | 3g |
| Protein | 4g |



For more information and recipes visit: www.uchd.net

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