

# Pumpkin Soup

**Makes:** 4 Servings

## Ingredients:

1 can white beans, low sodium, rinsed and drained, 15 oz  
1 small onion diced  
1 carrot, diced  
1 cup water  
Garlic, 1 clove, diced  
1 can vegetable broth, low sodium, 15 oz  
1 can pumpkin or butternut squash, 15 oz  
1 teaspoon ginger  
Nutmeg, dash  
Salt, pepper, dash (optional)

## Directions:

1. Dice onion, carrots and garlic and saute' in pan coated with cooking spray.
2. Blend white beans, onion, carrot, clove and water
3. In a soup pot, mix bean puree with pumpkin, broth and spices.
4. Cover and cook over low heat about 20 minutes until heated throughout.

**Total Cost:** \$3.41

**Cost per Serving:** \$0.85

**Source:** USDA Mixing Bowl



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Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(415g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 106mg	<b>8%</b>
Iron 3mg	<b>15%</b>