

PUMPKIN & BLACK BEAN SOUP

SERVES 8

Preparation time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

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| 2 tablespoons vegetable oil | 2 15-ounce cans pumpkin |
| 1 medium onion, finely chopped | 1 cup 1% milk |
| 3 cups chicken or vegetable broth, no salt or low-sodium | 2 teaspoons mild curry powder |
| 1 14.5-ounce can diced tomatoes | 1 teaspoon ground cumin |
| 2 15-ounce cans black beans, drained and rinsed | 1/2 teaspoon cayenne pepper |
| | Salt and pepper to taste |

DIRECTIONS

1. Heat oil in soup pot. Once oil is hot, add onion and sauté for 5 minutes.
2. Add broth, tomatoes, beans, and pumpkin. Stir to combine ingredients and bring to boil.
3. Reduce heat to medium-low and stir in milk, curry powder, cumin, cayenne pepper, salt and pepper. Simmer 5 minutes.
4. Cool until soup has reached a safe temperature to eat.

Nutritional Info per Serving: Calories: 171; Total Fat: 5g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 1g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 2mg; Sodium: 482mg; Potassium: 678mg; Carbohydrate: 29g; Fiber: 9g; Sugar: 8g; Protein: 9g; Vitamin D: <1µg (4%); Calcium: 128mg (13%); Vitamin A: 1710RE (340%); Vitamin C: 12mg (19%); Iron: 4mg (21%)



TIPS & VARIATIONS

- **CANNED OR POWDERED MILK** may be substituted for the 1% milk.
- **MAY SUBSTITUTE** chicken bouillon cubes and water but sodium level will increase.
- **INSTEAD OF CANNED BEANS** may use cooked dried black beans.

SIMPLY GOOD EATING

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