



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

## ***Pumpkin Soup***

### **Ingredients**

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

### **Directions**

1. In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.
2. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
3. Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Serves 4

77 calories, 1 g fat, 0 g saturated fat, 14 g carbohydrate, 4 g fiber, 3 g protein, 57 mg sodium

Source: Mayo Clinic

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