

Creamy Pumpkin Soup

Pumpkins are for more than just carving! Low in calories and high in fiber, pumpkins are also loaded with disease-fighting antioxidants.

Ingredients

- Cooking spray
- 1 T olive oil
- 1 large onion, diced medium
- 3 stalks celery, diced medium
- 2 carrots, diced medium
- 2 cups pumpkin, fresh (cooked) or canned
- 6 cups low-sodium chicken or vegetable broth
- 1/2 tsp curry powder
- 1/2 tsp cinnamon
- Pinch of clove
- 1 cup low-fat milk
- Salt, to taste (optional)

Directions:

Spray the bottom of a large pot with cooking spray and add olive oil. Add onion, celery and carrots. Sauté for about 5 minutes to soften vegetables and bring out flavor. Add pumpkin, broth and spices. Bring to a boil and reduce heat. Simmer for 30 minutes and remove from heat. Let cool for 15 minutes. Purée soup in blender and return to pot. Whisk in low-fat milk and reheat before serving. Add salt if desired.



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 125

Fat 3g

Saturated Fat 0.5g

Cholesterol 2mg

Sodium 245mg

Carbohydrate 20g

Dietary Fiber 3g

Protein 4g

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