

Quick & Easy Pumpkin Soup

Ingredients:

2 tsp olive oil

½ cup chopped onion

2 celery stalks, chopped

2 garlic cloves, minced

1 tsp fresh ginger, grated

2 tsp sugar

¼ tsp ground nutmeg

1/8 tsp ground cinnamon

Salt and ground pepper, to taste

(1) 14.5 oz can pumpkin

1 potato, peeled and cut into 1-inch cubes

4 cups vegetable or chicken broth, low sodium

¼ cup low-fat sour cream

2 green onions, chopped

Directions

1. Clean produce and chop or mince, as indicated above.
2. In large soup pot, heat oil over medium-high heat. Add onion, celery, garlic, ginger and sugar and cook for 4 minutes, stirring until tender. Add nutmeg and cinnamon and mix well.
3. Add pumpkin, potato and broth. Bring to a boil. Reduce heat, partially cover and allow to simmer for 2 minutes, or until potato pieces are tender.
4. Serve immediately and top each serving with a dollop of sour cream and onions.

6 servings

Nutritional information per 1 cup serving:
89 calories, 2 grams fat, 4 gm protein, 16 gm Carbohydrate, 2 gm Fiber