

Pumpkin-mushroom Soup

Makes 6 servings

Ingredients

1 ¼ pounds peeled, seeded and cubed pumpkin
1 to 2 cups water
2 tablespoons extra-virgin olive oil
8 ounces sliced mushrooms
½ cup diced onions
2 tablespoons all-purpose flour
1 tablespoon curry powder

3 cups low-sodium vegetable broth
1 tablespoon honey
¼ teaspoon ground nutmeg
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 cup 2% evaporated milk
*optional: sour cream or plain yogurt

Directions

1. Place the pumpkin pieces in a heavy-bottom pan. Add enough water to fill pan 1 inch. Bring to a gentle simmer over medium-high heat. Simmer for 10 minutes, until pumpkin is tender. Drain and place pumpkin on paper towels to remove as much water as possible.
2. Blend pumpkin until pureed. (If you don't have a blender, you can also mash the pumpkin in a bowl using a fork.) Set aside.
3. In the same pan, heat oil over medium-high heat. Add mushrooms and onions. Cook 5 to 7 minutes. (directions continued on back)

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MAIN DISH



Directions (continued)

4. Add flour and curry. Stir. Gradually pour in broth. Add pumpkin, honey, nutmeg, salt and pepper. Stir. Cook for 10 to 15 minutes.
5. Add evaporated milk and continue cooking until heated through (but not boiling).
6. Serve warm with sour cream or yogurt, if desired.*

*Option not included in nutrition facts.

♥ = heart smart

✂ = low sodium

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Nutrition Facts

Serving Size 1 cup (308g)
Servings Per Container 6

Amount Per Serving

Calories 140 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 310mg 13%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 10g

Protein 5g

Vitamin A 100% • Vitamin C 10%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 1