RECIPE

Pumpkin and Bean Soup

Pumpkin and bean lovers alike will savor this fast and flavorful soup that is packed with fiber.

Makes: 6 servings
Prep/Cook Time: 45 minutes

Source: choosemyplate.gov recipe/pumpkin bean soup

Ingredients

- 1 can white beans
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounce)
- 1 1/2 cups apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Utensils Needed

- Measuring utensils
- Large Pot
- Potato Masher or Blender
- Mixing Spoon

Directions

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	159
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	385 mg
Total Carbohydrates:	32 g
Dietary Fiber:	7 g
Total Sugars:	9 g
Added Sugars:	0 g
Protein	8 g

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