



Pumpkin Curry Soup

Ingredients:

1 tbsp butter	1/8 tsp crushed red pepper
1 cup finely chopped onion	3 cups water
2 garlic cloves, finely chopped	1 cup low sodium chicken broth
1 cup diced celery	1 3/2 oz can pumpkin puree
1 tsp curry powder	1 cup fat free half-and-half
1/8 tsp ground coriander	

Directions:

Melt butter in large saucepan over medium-high heat. Add onion, celery, and garlic; cook for 3 to 5 minutes or until tender. Stir in curry powder, coriander and crushed red pepper; cook for 1 minute. Add water and broth; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes to develop flavors. Stir in pumpkin and half-and-half; cook for 5 minutes or until heated through. Transfer mixture to food processor or blender (in batches, if necessary); cover. Blend until creamy. Serve warm or reheat to desired temperature. Garnish with dollop of sour cream and chives. Preparation Tip: Soup may be prepared the day ahead. Cool to room temperature after adding pumpkin and half-and-half. Cover and refrigerate. Just before serving, blend then reheat to serving temperature, but do not boil.

Nutritional Information

Makes 4 servings

Recipe Source: Centers for Disease Control and Prevention

Nutrition Facts	
Pumpkin Curry Soup	
Serving Size 1/4 recipe	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value (DV) *	
Total Fat 5g	8%
Saturated Fat 1g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 11g	44%
Sugars 14g	
Protein 8g	
Vitamin A	680%
Vitamin C	6%
Calcium	15%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	