



A Nutrition Resource

QUICK AND EASY PUMPKIN SOUP

Yield: 6 Servings | Serving Size: 3/4 to 1 cup
Cost/Serving: \$0.58

Ingredients:

- 1 (16-ounce) can 100% pure pumpkin
- 2 cups vegetable broth
- 1 1/2 teaspoons dried basil
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 cup nonfat milk

Directions:

- 1) In a medium stock pot, combine the pumpkin, vegetable broth, and spices and bring to a boil
- 2) Once boiling, lower the heat and simmer for 15 minutes
- 3) Remove from heat and add the milk slowly, making sure it does not boil.

Tip: Add spices to taste. Experiment with different spices, such as thyme, oregano, cumin, etc.



Nutrition Facts

6 servings per container
Serving size 3/4 cup to 1 cup (198g)

Amount per serving	
Calories 50	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 77mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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