



Pumpkin and Bean Soup

Yield: 6 servings

Ingredients:

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



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.

Nutrition Facts (per serving): Calories, 140; Fat, .5 g; Cholesterol, 0 g; Sodium, 110 mg; Total Carbohydrate, 28 g; Dietary Fiber, 7 g; Protein, 7 g; Vitamin A, 170%; Vitamin C, 4%; Calcium, 8%; Iron, 15%.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

