

# **Pumpkin Soup**

Serving Size: 1 cup

Serves: 10

## **Ingredients**

1 tablespoon butter  
1 cup chopped onion  
3½ cups diced fresh pumpkin  
1 clove garlic, minced  
1 cup diced tomato  
1 cup diced mushrooms  
1 tablespoon chopped fresh thyme  
Pinch of salt  
Black pepper to taste  
6 cups low sodium vegetable stock  
1 jalapeno pepper, cored (optional)  
½ cup fat free half and half  
Fresh parsley to garnish

## **Directions**

Heat the butter in a heavy saucepan. Sauté the onion until tender. Add the pumpkin, garlic, tomato, mushrooms, thyme, salt and pepper. Sauté an additional 3 minutes to enhance flavors.

Add the vegetable stock and heat to boiling. For added spice add the jalapeno pepper and reduce heat. Stir and simmer uncovered for 30 minutes. Remove the jalapeno pepper. Remove a cup of the hot soup and combine slowly with the half and half stirring continuously. Then stir the soup/half and half mixture into the rest of the soup. Pour into soup bowls and garnish with fresh parsley.

## **Exchanges per serving:**

2 Vegetables

## **Nutrients per serving:**

Calories: 52  
Calories from fat: 13  
Total Fat: 1g  
Saturated Fat: 1g  
Cholesterol: 4mg  
Sodium: 120mg  
Carbohydrate: 9g  
Dietary Fiber: 1g  
Protein: 2g