SAVORY PUMPKIN POTATO SOUP

SERVES 6

INGREDIENTS

1 teaspoon vegetable oil
1 large onion, chopped
3 cloves of chopped garlic
1 teaspoon ground ginger (optional)
2 – 15 ounce cans pumpkin puree
4 cups low sodium chicken or vegetable broth
1/2 cup nonfat dry milk
1 1/2 cups water
1 cup dehydrated potatoes
1/2 cup chopped apple (optional garnish)
2 tablespoons chopped parsley (optional garnish)

DIRECTIONS

1. Sauté onion in oil until tender about 3 minutes.
2. Add garlic and ginger (if using) and cook for another minute.
3. Add pumpkin and broth, bring to boil, and simmer for about 5 minutes.
4. Mix 1/2 cup of non fat dry milk with 1 1/2 cups of water, heat and mix with 1 cup of dehydrated potatoes.
5. Slowly add potatoes/milk to soup stirring constantly
6. If desired add more milk, serve topped with chopped parsley and apple.

NUTRITION INFORMATION:

Nutrition Facts
Serving Size: 1.00 serving(s)

Amount Per Serving

Calories: 229

% Daily Value
Total Fat: 2.4g 4%
- Saturated Fat: 0.7g 3%
- Trans Fat: 0.0g
Cholesterol: 0.7mg 0%
Sodium: 99.2mg 4%
Total Carbohydrate: 48.3g 15%
- Dietary Fiber: 6.9g 27%
- Sugars: 8.8g
Protein: 9.1g

Vitamin A: 443%  Calcium: 11%
Vitamin C: 34%  Iron: 18%
Potassium: 765 mg, 22%

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