



PUMPKIN SOUP

ingredients:

- 1 Tablespoon canola oil
- 1 cup diced onion
- 2 large Granny Smith apples, peeled, cored and chopped
- 1 Tablespoon minced fresh ginger
- 2 teaspoons curry powder
- 1/2 teaspoon ground cinnamon
- 3 cups unsweetened apple juice
- 3 cans (15 ounces each) pureed pumpkin
- 1 Tablespoon brown sugar
- 5 Tablespoons fat-free sour cream, divided

directions:

1. Add canola oil to a large stockpot and place on stove. Bring to medium-high heat.
2. Add onions and cook until tender, about 5 minutes.
3. Add the apples, ginger, curry powder and cinnamon; cook for 1 minute.
4. Add the apple juice and bring to a boil. Lower heat and stir in pumpkin and brown sugar. Remove from heat.
5. In a blender or food processor, puree soup in batches until smooth. Return soup to stockpot and heat through. Top each serving with 1/2 Tablespoon fat-free sour cream and serve.

Cook's Notes:

This soup could also be served cold.

Yield: 10 servings
(1 cup each)

Nutrition Information Per Serving:

137 Calories
2 grams Fat
0 grams Saturated Fat
1 mg Cholesterol
21 mg Sodium
29 grams Carbohydrates
4 grams Fiber
2 grams Protein

Food exchanges:
1 fruit, 3 vegetable, 1/2 fat



**HENRY FORD
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com.