

FESTIVE PUMPKIN SOUP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 141

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 242 mg

Total Carbohydrate: 20 g

Dietary Fiber: 4 g

Protein: 6 g

Ingredients

2 T olive oil

2 white onions, roughly chopped

1 medium carrot, sliced

4 stalks celery, sliced

2 cloves garlic, crushed

6 C chicken stock

3 15 oz cans pumpkin puree

½ bunch chopped parsley

4 C 2% milk

1 tsp nutmeg or to taste

½ tsp ground sage

½ tsp white pepper

¼ C brown sugar

½ C plain non-fat or low-fat yogurt

Directions

1. Sauté vegetables in olive oil over medium heat until tender.
2. Add stock and simmer 10 min.
3. Blend well in blender. Add parsley for final 30 seconds.
4. Return to pot, add pumpkin, milk, spices, and sugar. Heat slowly being careful not to boil.
5. Serve hot. Garnish with chopped fresh sage, dried cranberries, and a dollop of yogurt or sour cream if desired.