

## Curried Pumpkin Soup

*This recipe is a good source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

1/2 pound fresh mushrooms, sliced  
1/2 cup chopped onion  
2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1/2 to 1 teaspoon curry powder  
3 cups vegetable broth  
1 can (15 ounces) solid-pack pumpkin  
1 can (12 ounces) evaporated milk  
1 tablespoon honey  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon ground nutmeg  
fresh or frozen chives, optional

### Directions:

1. In large saucepan, sauté the mushrooms and onion in butter until tender. Stir in the flour and curry powder until blended. Gradually add the broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
2. Add the pumpkin, milk, honey, salt, pepper and nutmeg; heat through.
3. Garnish with chives if desired.

### Nutrition Facts

Serving Size 3/4 cup (233g)  
Servings Per Container 8

Amount Per Serving

**Calories** 110      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3.5g      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 380mg      **16%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 3g      **12%**

Sugars 11g

**Protein** 5g

Vitamin A 170% • Vitamin C 2%

Calcium 15% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 3/4 cup each

**Bright Ideas:** Try substituting canned pumpkin for cooked winter squash or cooked pumpkin. Mash and measure out 2 cups for soup.

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>