

## West Indies Style Pumpkin Soup

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

### Ingredients:

1/2 cup chopped celery  
 1/2 cup chopped onion  
 1/2 cup chopped carrots  
 2-3 cups cubed fresh or frozen pumpkin or winter squash  
 1 large garlic clove  
 1 teaspoon chopped fresh thyme, or 1/2 teaspoon dried  
 1 teaspoon chopped fresh oregano, or 1/2 teaspoon dried  
 4 cups chicken stock  
 2 tablespoons vegetable oil  
 1/2 cup lean, roasted diced ham  
 1 teaspoon tomato paste, or 1/2 peeled, seeded and chopped fresh tomato

### Directions:

1. Place celery, onion, in 2-quart sauce pan with olive oil, sauté until tender. Add garlic and briefly sauté. Add carrots, pumpkin, chicken stock, thyme, and oregano. Simmer 15 minutes or until pumpkin and carrots are tender.
2. Stir in ham. Simmer another 10 minutes.
3. Blend in the tomato paste or diced tomato. Serve hot.

### Nutrition Facts

Serving Size 1 1/2 cup (255g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 70</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 770mg</b>	<b>32%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 4g</b>	
Vitamin A 120%	Vitamin C 15%
Calcium 4%	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	

6 servings, 1 1/2 cup each

**Bright Ideas:** Add 1/2 cup chopped bell pepper, red or green, 1/2 pound sliced fresh mushrooms, 1-2 teaspoons curry powder. Sauté mushrooms with onion, add pepper with carrots and squash. Garnish with chopped parsley.

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>