

Sweet Potato Pumpkin Soup

This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 tablespoon **oil**
- 1 cup chopped **onion**
- 1 teaspoon ground **ginger**
- 1/2 teaspoon **curry** powder
- 1/4 teaspoon ground **cumin**
- 1/4 teaspoon ground **nutmeg**
- 2 cloves **garlic**, minced
- 2 cups **sweet potato**, peeled and cubed
- 2 cups low-sodium, fat free **chicken broth**
- 1 1/2 cups **water**
- 1 can (15-ounce) **pumpkin**
- 1 cup low-fat **milk**
- 3 tablespoons reduced fat **sour cream**

Directions:

1. Heat oil in large pot over medium-high heat.
2. Add onion and sauté for 3 minutes.
3. Add ginger, curry, cumin, nutmeg, and garlic and cook for 1 minute.
4. Stir in the sweet potato, chicken broth, water, and pumpkin and bring to a boil.
5. Reduce heat and simmer for 15 to 20 minutes, or until the sweet potato is soft, stirring constantly.
6. Stir in the milk until heated through (don't boil).
7. Ladle into bowls and top with 1/2 tablespoon low-fat sour cream.
8. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 Cup (264g)	
Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 4g	
Vitamin A 350%	Vitamin C 10%
Calcium 10%	Iron 8%
*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 cup each

Source: 2005. Adapted from Nutrition Action Healthletter, by OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp2006)