

Pumpkin and Bean Soup

From the United States Department of Agriculture (USDA)
<http://recipefinder.nal.usda.gov/recipes/pumpkin-and-bean-soup>

Ingredients

- 1 can white beans
- 1 onion, small, finely chopped
- 1 cup water
- 1 can pumpkin (15 oz.)
- 1 ½ cups apple juice
- ½ tsp. cinnamon
- 1/8 tsp. nutmeg, allspice, and/or ginger
- ½ tsp. black pepper
- ¼ tsp. salt

Instructions

1. Blend beans, onion, and water with potato masher or blender until smooth.
2. In large pot, add pumpkin, juice, and spices. Stir.
3. Add blended bean mix and cook on low heat for 15-20 min, until warmed through.

Makes 6 servings (1 cup per serving)

Nutrition information per serving:

Calories	140
Carbohydrate	30 g
Dietary Fiber	7 g
Protein	7 g
Total Fat	0.5 g
Sodium	105 mg
Vitamin A	210%

