

Pumpkin soup

Serves 4

$\frac{3}{4}$ cup water

1 small onion chopped

1 8 oz. can pumpkin puree

1 c unsalted vegetable broth

$\frac{1}{2}$ tsp. cinnamon

$\frac{1}{4}$ tsp. nutmeg

1 cup fat free milk

$\frac{1}{8}$ tsp. ground pepper

1 green onion, green tops only, chopped

In a large saucepan heat $\frac{1}{4}$ cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out. Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil then reduce heat and simmer 5 minutes. Stir in the milk and heat through .DO NOT boil.

Ladle into warmed bowls and sprinkle with pepper and green onion tops. Serve immediately.

Nutrition analysis:

Per 1 cup serving:

72 calories

1 g fat

1 mg cholesterol

241 mg sodium

12 g carbohydrates

2 g fiber

3 g protein