



Curried Pumpkin Soup



Ingredients

- ½ pound **fresh mushrooms**, sliced
- ½ cup chopped **onion**
- 1½ Tablespoons **vegetable oil**
- 2 Tablespoons all-purpose **flour**
- 1 teaspoon **curry powder**
- 3 cups low-sodium **vegetable broth** (see **Notes**)
- 1 can (15 ounces) **solid-pack pumpkin** (see **Notes**)
- 1 can (12 ounces) nonfat **evaporated milk** (see **Notes**)
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **ground nutmeg**
- 1 Tablespoon **honey** (optional)
- fresh or frozen **chives** (optional)

Makes: 6 cups **Prep time:**
10 minutes **Cooking time:**
30 minutes



Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In 4-quart (or larger) saucepan, sauté the mushrooms and onion in oil until tender. Stir in the flour and curry powder until blended. Gradually stir in the broth.
4. Bring mixture to a boil. Cook and stir for 2 minutes or until thickened.
5. Add the pumpkin, milk, salt, pepper, nutmeg and honey, if desired. Heat through.
6. Garnish with chives if desired.
7. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try substituting cooked winter squash or cooked pumpkin for canned pumpkin. Mash and measure about 1¾ cups.
- No evaporated milk? Use regular milk instead.
- Honey is not recommended for children under 1 year old.

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Nutrition Facts

8 servings per container	
Serving size	3/4 cup (220g)
Amount per Serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 122mg	10%
Iron 1mg	6%
Potassium 276mg	6%
Vitamin A 312mcg	12%
Vitamin C 2mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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