



Healthy Recipes

Pumpkin soup

By Mayo Clinic Staff



Dietitian's tip:

You can make your own pumpkin puree by roasting a small pie pumpkin and processing the flesh in a blender or food processor.

Number of servings

Serves 4

Healthy carb

Low Sodium

Low Fat

Ingredients

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

Directions

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutritional analysis per serving

Serving size: 1 cup

Total carbohydrate	13 g	Cholesterol	1 g
Dietary fiber	4 g	Calories	75
Sodium	58 mg	Protein	3 g
Saturated fat	Trace	Monounsaturated fat	1 g
Total fat	1 g	Total sugars	7 g
Trans fat	0 g	Added sugars	0 g

DASH Eating Plan Servings

Vegetables	3	DASH diet: Recommended servings
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[Sample DASH menus](#)

Mayo Clinic Healthy Weight Pyramid Servings

Carbohydrates	1	Sample menu
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Diabetes Meal Plan Choices

Starches	1
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Original article: <https://www.mayoclinic.org/healthy-lifestyle/recipes/pumpkin-soup/rcp-20049697>

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