1213 East 2100 South
Salt Lake City, UT 84106
Phone: (801) 487-9976
e-mail: Becky-utdairy@msn.com

Good Things Utah
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"Pumpkin Soup"

Becky Low
Dairy Council of Utah/Nevada

Warm and comforting soup for fall! Serves 5-6

Nutrition Facts

Serving Size approx 1 cup
Servings Per Container 5

Amount Per Serving	
Calories 210	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 9g	**47%**
Cholesterol 55mg	**18%**
Sodium 880mg	**37%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 3g	**11%**
Sugars 9g	
Protein 4g	

Vitamin A 380%	•	Vitamin C 8%	
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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

3	tablespoons butter
1	small onion, chopped
2	cloves of garlic, minced
1	tablespoon brown sugar
1	can (14 oz) chicken broth
	Salt and pepper to taste
1	can (15 oz) solid pack pumpkin
1 1/2	cups half n half
1/8	teaspoon cinnamon
	Dash nutmeg

Method:

Over medium heat, sauté onion and garlic in butter until onion is transparent and tender. Add small amounts of chicken broth, as needed to prevent scorching.

Add brown sugar to onions and just enough water to dissolve sugar and create glaze on bottom of pan. Add chicken broth, salt and pepper to taste; bring to a boil; reduce heat, cover and simmer 15 minutes. Using hand held blender, blend until smooth (if using stationary blender, cool before blending).

Stir in canned pumpkin, heat through; stir in half n half, cinnamon, and nutmeg. Warm through.