

## **Creamy Pumpkin Soup (makes 6 servings)**

1 med Sweet Onion, chopped  
2 Tbsp Canola or Olive Oil  
2 cups Canned Pumpkin, solid pack  
2 Tbsp Flour  
1/2 tsp Salt  
1/4 tsp Ground Ginger  
1/8 tsp Ground Turmeric  
2 cups Nonfat (skim) Milk  
4 tsp Instant Chicken Bouillon Granules  
4 cups Hot Water (to dissolve bouillon)  
1/4 cup Fresh Parsley, chopped (for garnish)

Cook onions 4-5 min. in oil using a non-stick skillet over medium heat. Stir in pumpkin and lower burner heat to low. In a medium size bowl, whisk flour, salt (optional), and spices into 3/4 cup of the milk. Stir this into onion-pumpkin mixture then turn burner heat up to medium. Add remaining milk, stirring, until soup thickens in about 10 min. Do not allow the soup to boil. Add bouillon (granules dissolved in hot water) and continue stirring to a smooth consistency. Serve in 1-cup portions, garnished with parsley.

Nutrition per serving (about 1 cup of soup): 118 calories; 4 gm protein; 15 gm carb; 5 gm total fat; 1 gm saturated fat; 0 trans fat; 2 mg cholesterol; 3 gm fiber; 482 mg sodium