



Eat Well

Sweet Potato Pumpkin Soup

Directions

Heat oil in a large pot over medium-high heat. Add onion and saute for 3 minutes. Add ginger, curry, cumin, nutmeg, and garlic and cook for 1 minute. Stir in the sweet potato, broth, water, and pumpkin and bring to a boil. Reduce heat and simmer for 15 to 20 minutes, or until the sweet potato is soft, stirring constantly. Stir in the milk until heated through (do not boil). Ladle into bowls and top with ½ tablespoon low-fat sour cream. Refrigerate leftovers within 2 hours.

Servings: 1 cup

Nutrition information per serving:

Calories: 90, Fat: 2.5g, Protein: 4g,
Carbohydrates: 16g, Sodium: 60mg

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Source: Oregon State University

Ingredients

- » 1 tsp vegetable oil
- » 1 cup chopped onion
- » 1 tsp ground ginger
- » ½ tsp curry powder
- » ¼ tsp ground cumin
- » ¼ tsp ground nutmeg
- » 2 cloves garlic, minced
- » 2 cups sweet potato, peeled and cubed
- » 2 cups low sodium, fat-free chicken broth
- » 1 ½ cups water
- » 1 can (15oz) pumpkin
- » 1 cup non-fat or 1% milk
- » 3 Tbsp reduced-fat sour cream

