

Pumpkin Vegetable Soup

Pumpkin, a favorite fall decoration, is a nutritious vegetable rich in vitamin A and vitamin C and a good source of potassium, vitamin E, fiber and many other nutrients.

Source: Heather Wolfe, MPH, RDN, LD, CHC

Makes: 6 cups **Serving Size:** 1 ½ cups

Ingredients

- 1 tablespoon olive oil
- 1 small onion, minced
- 1 carrot, chopped
- 1 celery rib, chopped
- 3 cups other veggies (such as a combination of mushrooms, broccoli, zucchini)
- 3 cloves garlic, minced
- 1 cup spinach, baby or mature chopped
- 1 tomato, chopped
- 1 (15-ounce) can plain pumpkin puree
- 4 cups vegetable broth, reduced sodium preferred
- ½ teaspoon dried oregano
- ⅛ teaspoon salt, or to taste
- ⅛ teaspoon black pepper, or to taste
- Optional garnish: pumpkin seeds



Instructions

1. Heat oil in a large saucepot over medium heat. Add onion, carrot, and celery. Sauté for about 5 minutes, until tender.
2. Add the 3 cups of other vegetables and cook 3 to 4 minutes more.
3. Add garlic, spinach, and tomato. Stir for about 30 seconds.
4. Add in pumpkin puree, broth, oregano, salt, and pepper. Stir until puree has combined evenly into the broth.
5. Bring to a boil, reduce heat and simmer for about 10 minutes.
6. Garnish with pumpkin seeds if desired.

Nutrition (per serving without optional garnish):

Calories 110, Total Fat 4g, Saturated Fat 0.5g
Carbohydrate 18g, Fiber 7.5g, Protein 4g, Sodium 255mg

Heather's Healthy Hints

- ✓ Making your own pumpkin puree is as simple as chopping and boiling a pumpkin, scooping out the softened flesh and mashing or blending it. Bonus- you can save the nutritious seeds to roast up as a snack or garnish: rinse and dry them, coat lightly with oil and salt, then roast at 350°F for about 20 minutes until starting to brown.

