

# BITS and BITES

## Pumpkin Soup

Serving Size: 1 Cup

### Ingredients

- 3 tbsp. olive or canola oil
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1 14.5 oz. can low-sodium chicken or vegetable broth
- ½ cup water
- 1 15 oz. can pumpkin puree
- 1 12oz. can low-fat evaporated milk
- 1/8 tsp. cinnamon
- Salt & pepper, to taste

**Freeze leftovers** by transferring soup into freezer safe containers/bags, cooling to room temperature, & then sealing containers. You can keep this soup in the freezer for up to 3 months! Reheat in the microwave.

### Directions

1. Combine oil, onion, & garlic in a saucepan over medium-high heat for 1-2 minutes, or until soft.
2. Add broth & water. Bring to a boil, stirring occasionally.
3. Reduce heat to low & simmer for 15 minutes, stirring occasionally.
4. Stir in pumpkin, evaporated milk, & cinnamon. Simmer for another 5 minutes.
5. Remove from heat & enjoy!

Pumpkin Soup is tasty & nutritious!

#### Consider:

- Garnish with toasted pumpkin or sunflower seeds, sliced apples, or carrots
- Top with a dollop of Greek yogurt
- Sprinkle additional herbs on top, such as nutmeg, cumin, or thyme

#### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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NC STATE EXTENSION

**Steps to Health**  
Supplemental Nutrition Assistance  
Program Education (SNAP-Ed)

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