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Prevent and Protect
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CREAMY PUMPKIN-RED PEPPER SOUP

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INGREDIENTS:

- 3 cups chopped peeled fresh pumpkin
- 2 ½ cups chopped red bell pepper
- 1 ½ cups chopped peeled sweet potato
- ¼ cup chopped green onions
- 1 teaspoon five-spice powder
- 1 teaspoon cumin
- 2 teaspoons olive oil
- 1 teaspoon minced fresh garlic
- 3/8 teaspoon salt, divided
- 5 cups no-salt-added chicken stock (such as Swanson)
- 1 tablespoon unsalted butter
- 1 teaspoon rosemary leaves (optional)

INSTRUCTIONS:

- Preheat oven to 400 degrees.
- Combine first 8 ingredients in a large bowl. Sprinkle with 1/8 teaspoon salt; toss well. Place vegetable mixture in a single layer on a jelly-roll pan. Bake at 400 for 30 minutes or until tender, stirring once.
- Combine vegetables, stock, and remaining ¼ teaspoon salt in a large saucepan; bring to a boil. Reduce heat, simmer 5 minutes. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters).
- Process until smooth. Pour into a large bowl. Repeat procedure with remaining vegetable mixture. Stir in butter. Top with rosemary, if desired.

Serves 6 – serving size 1 cup.

CALORIES 120; FAT 3.8G; PROTEIN 6.2G; CARB – 16.2G; FIBER 29G; CHOL 5MG; IRON 17MG; SODIUM 279MG; CALC 56MG