



Pumpkin and Bean Soup

SERVING SIZE: 1 cup
SERVINGS: 8
PREPARATION TIME: 10 minutes
COOK TIME: 30-35 minutes

INGREDIENTS:

- 1 can (14.5 oz.) chicken broth
- 1 can (15 oz.) white beans
- 1 can (15 oz.) pumpkin puree
- 1 can (12.5 oz.) chicken breast or 2 cups diced, cooked chicken (optional)
- 1 cup onion, chopped or 1/3 cup dried, minced onion
- 1 cup celery, chopped or 1 teaspoon celery seed
- 1½ cups water
- ½ teaspoon dried basil
- 1 (12 oz.) package frozen mixed vegetables or 1 can (15 oz.) corn

DIRECTIONS:

1. In a large pot, cook broth, celery and onion over medium heat for 8 minutes.
2. Drain and rinse beans.
3. Add beans, pumpkin, water, basil and chicken with liquid to pot. Bring to a boil over medium-high heat. Stir often.
4. Add canned or frozen vegetables and cook over medium heat for 15-20 minutes.



NUTRITION FACTS: (With canned chicken)

Amount Per Serving	
Calories	153
Total fat	1g
Saturated fat	1g
Cholesterol	19mg
Sodium	471mg
Total Carbohydrate	19g
Fiber	7g
Total Sugar	4g
Includes 0g of Added Sugars	
Protein	15g
Phosphorus	178mg
Potassium	668mg

EQUIPMENT NEEDED:

- Large pot
- Stirring spoon
- Can opener
- Stove top or hot plate

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyselves.org