

Pumpkin Soup

Makes: 4 servings

Ingredients

- 1 can white beans, drained and rinsed (15 ounces)
- 1 small onion, chopped (or 2 teaspoons onion powder)
- 1 cup water
- 1 can pumpkin puree (15 ounces)
- 1 can low-sodium vegetable or chicken broth (14.5 ounces)
- ½ teaspoon thyme (or tarragon)
- salt and black pepper to taste



Directions

1. Blend white beans, onion, and water using a blender or immersion blender. Or, for a chunkier soup, mash well.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15-20 minutes until warmed through.

Recipe from: *Senior Nutrition Awareness Project Newsletters*, University of Connecticut Family Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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