

Creamy Tomato Soup with Pumpkin

- This tomato soup will have you questioning whether you made it or just opened up a can of ready to eat tomato soup!
- The pumpkin makes this soup high in fiber and it is lower in salt than traditional tomato soup.
- It is a great source of iron and low in carbohydrates for people with diabetes.
- This soup is a good base for customization, try adding browned ground hamburger and cooked elbow pasta or beans and other vegetables.

Nutrition Facts

5 servings per container

Serving size 1 cup (253g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 360mg 16%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 2mg 10%

Potassium 527mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Creamy Tomato Soup w/ Pumpkin

Servings: 5 Prep Time: 20 minutes or less



Ingredients:

- 1 Tablespoon olive oil, or other vegetable oil
- 1/2–1 teaspoon garlic powder*
- 1/2 teaspoon onion powder*
- 1/2 teaspoon salt
- 2 cups (1 15-oz. can) pumpkin puree
- 1 (6oz.) can tomato paste
- 2 cups low sodium vegetable broth, or water
- 1/4 cup half and half, or milk
- 1/2 cup water

Directions:

1. In a medium sauce pan, combine all ingredients except half and half (add at the end).
2. Place pot over medium-high heat and use a whisk or fork to mix the pumpkin and tomato paste until blended. As it heats up it will be easier to stir.
3. Bring to a simmer for 5–7 minutes, stirring regularly.
4. Mix in half and half, bring back to a simmer for a minute.
5. It will be very thick. Add up to 1/2 cup of additional water to thin it out.
6. Serve hot. Optional toppings include toast, crackers, sliced avocado and parmesan cheese.

*Add garlic and onion powder to your taste. Be light-handed with adding salt. Consider your toppings may add salt (cheese, toast, crackers)

Recipe credit: Kristen Elliott, RDN, LD and Joy Goetz, MS, RD, LD, CHES

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