



Spicy Pumpkin & Green Chile Soup

Directions:

1. Combine chiles, sour cream and cilantro in a food processor or blender; blend until smooth.
2. Combine pumpkin, broth, water, cumin, chili powder, and optional cayenne pepper in a medium sauce- pan. Bring to a boil. Reduce heat to medium, simmer uncovered for 5 minutes, stirring occasionally.
3. Serve soup with a dollop of the green chile sour cream.

Nutrition Facts: 8oz: 72 cal, 1g fat, 4g pro, 16g CHO, 420mg Na+, 4g fiber

Ingredients:

1 can (4 oz) diced mild chiles
1/4 cup light sour cream
1/4 cup fresh cilantro, chopped
1 can (15 oz) pumpkin (not pumpkin pie filling) 14 oz low sodium chicken or vegetable broth 1/2 cup water
1 teaspoon ground cumin
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper (optional) 1/4 teaspoon table salt (optional)

Yield: 4 servings

Time: 15 minutes