

SALSA PUMPKIN SOUP

A spicy chunky pumpkin soup that's as easy as it is delicious. The type of salsa you choose will determine how spicy the soup is.

PREP TIME: 10 mins
COOK TIME: 20 mins
TOTAL TIME: 30 mins
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Serves: 4

INGREDIENTS

- Non-stick cooking spray
- 1 tablespoon minced garlic
- 1 tablespoon chili powder
- ½ teaspoon cumin
- 4 cups fat-free broth (chicken or vegetable)
- 1 can (15 ounces) pumpkin puree
- 1 can (15 ounces) black beans,

drained and rinsed

- 1 cup corn
- ¾ cup salsa
- **Optional** toppings such as shredded reduced-fat or fat-free cheese, and reduced-fat or fat free sour cream

INSTRUCTIONS

- Spray a soup pot set over medium heat with non-stick cooking spray.
- Add the garlic, chili powder and cumin, and stir until the spices are fragrant, about 1 minute.
- Add broth to the pot and bring it to a simmer.
- Add the pumpkin and stir until it is well blended.
- Add the black beans, corn and salsa and bring mixture to a boil.
- Lower the heat and simmer gently for 10 minutes.
- Top with a sprinkle of cheese and a little fat free sour cream on top, if desired



<http://simple-nourished-living.com/2011/11/8-easy-healthy-low-calorie-pumpkin-soup-recipes/>

Nutrition Facts

Serving Size
Servings Per Container 4

Amount Per Serving

Calories 163

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 0mg **0%**

Total Carbohydrate 31g **10%**

Dietary Fiber 12g **48%**

Sugars 0g

Protein 7g **14%**

*Percent Daily Values are based on a 2,000 calorie diet.