

## Sharon's Pumpkin Soup (Serves 4)



A comforting, sweet, and savory soup with a **warming kick of white pepper**—like liquid pumpkin pie!

### Ingredients:

- 1 (15 oz) can organic pumpkin
- 2 cups water
- 2 cups chicken or vegetable broth (Savory Choice® Reduced Sodium Vegetable Liquid Broth recommended)
- 1 small yam or sweet potato, peeled and slice
- 2 carrots, scrubbed or peeled and slice
- 1 small yellow onion, peeled and sliced
- 1 apple (Granny Smith recommended), peeled, cored, and sliced
- 1 tbsp powdered ginger (or substitute 1 tsp fresh ginger)
- 1 tsp cinnamon
- Pinch (or to taste) of white pepper

### Instructions:

1. In a medium to large stockpot, bring water and broth to a boil. Add **chopped vegetables and apple**, then reduce heat and simmer until soft (20-30 minutes).
2. Allow the mixture to cool before transferring to a **blender or food processor** (or use an **immersion blender**).
3. Add **canned pumpkin** and blend until smooth.

4. Return to the stockpot, **stir in spices**, adjust seasoning as needed, and heat before serving.
5. Serve warm or chilled. Optional: Add **chopped, cooked chicken** for added protein and serve alongside a fresh **green salad** for a complete meal.

**Nutritional Information (per serving):**

- **Calories:** 65
- **Fat:** 0.5g
- **Sodium:** 96mg
- **Carbohydrates:** 14.2g
- **Sugars:** 5.3g
- **Fiber:** 4.6g
- **Protein:** 2.7g

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