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|  | **Ingredients** | **Step** |
| Sweet Potato Pumpkin Soup | 1 teaspoon  **vegetable oil**  1 cup  chopped **onion**  1 teaspoon  ground **ginger**  1⁄2 teaspoon  **curry** powder  1⁄4 teaspoon  ground **cumin**  1⁄4 teaspoon  ground **nutmeg**  2  cloves **garlic**, minced or 1/2 teaspoon garlic powder  2 cups  **sweet potato**, peeled and cubed  2 cups  low-sodium, nonfat **chicken broth** or **vegetable broth** (see notes)  1 1⁄2 cups  **water**  1 can  (15-ounce) **pumpkin**  1 cup  nonfat or 1% **milk**  3 Tablespoons  low-fat **sour cream** | 1. Heat oil in large pot over medium-high heat. 2. Add onion and sauté for 3 minutes. 3. Add ginger, curry, cumin, nutmeg, and garlic and cook for 1 minute. 4. Stir in the sweet potato, broth, water, and pumpkin and bring to a boil. Reduce heat and simmer for 15 to 20 minutes, or until the sweet potato is soft, stirring constantly. 5. Stir in the milk until heated through (don’t boil). 6. Ladle into bowls and top with 1/2 tablespoon low-fat sour cream. 7. Refrigerate leftovers within 2 hours. |