

Warm up this winter! This delicious, heart-healthy pumpkin soup is low in fat and sodium, full of fiber and packed with nutrients. The bright orange color of pumpkin is a sure giveaway that it's high in beta carotene, an antioxidant that can help improve immune function and reduce the risk of heart disease and some cancers. Pumpkin is also a good source of vitamins C, K, and E, and minerals including magnesium, potassium, and iron.

Pumpkin Soup

Ingredients

- 3/4 cup water
- 1 small onion, chopped
- 1 can (8 ounces) pumpkin puree
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon freshly ground black pepper
- 1 green onion, green top only, chopped

Directions

In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.