



Pumpkin and Bean Soup

Servings: 6 cups

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 15-ounce can white beans, drained
- 1 small onion, chopped fine
- 1 cup water
- 15-ounce can pumpkin or 2 cups fresh, cooked and mashed
- 1½ cups apple juice
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg, allspice or ginger
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions:

1. Wash hands and surfaces.
2. Blend white beans, onion and water with a potato masher or blender until smooth.
3. In a large pot, combine the pumpkin, juice, cinnamon, nutmeg, black pepper and salt. Stir, then add the blended bean mix to the pot.
4. Cook over low heat for 15 to 20 minutes, until warmed through.
5. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 140

Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 30g **10%**

Dietary Fiber 7g **28%**

Sugars 10g

Protein 7g

Vitamin A 210%

Vitamin C 2%

Calcium 8%

Iron 15%

Tips:

- Try other canned beans — like garbanzo, small red or pinto beans.
- Serve with fresh fruit and whole-wheat crackers.
- Find a farmers market at: agebb.missouri.edu/fmktidir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm
- ☺ Make mealtime a family time — cook, eat and talk together.
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Source: SNAP-Ed Connection Recipe Finder, adapted from Pennsylvania Nutrition Education Network

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/