

Serves 12

# Pumpkin Soup

6 teaspoons olive oil

1 1/2 cups onion, chopped

3 cloves garlic

6 cups water

6 cups pumpkin or butternut squash,  
peeled and cubed, seeds removed

1 teaspoon salt

pepper to taste

2 teaspoons curry powder

1 cup milk, skim

6 tablespoons half and half cream

1. Sauté onion and garlic in oil.
2. Add water and pumpkin cubes and bring to a boil.
3. Reduce heat and simmer for 30 minutes.
4. Puree in blender.
5. Add salt, pepper and curry powder and blend.
6. Add milk and cream and blend.

## Hint:

- Use evaporated skim milk (canned) instead of half and half cream to reduce fat.

**Nutrition Facts (using pumpkin and half and half cream):** Serving size: 1 cup; Calories: 62; Fruits and Vegetables: 1; Fat: 3 g; Fiber: 1 g

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