

# Savory Pumpkin Soup

*Enjoy all the flavors of the season with this delicious soup.*

## Makes 4 servings

1½ cup per serving

## Ingredients

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can chicken or vegetable broth, low-salt (14.5 ounces)
- ½ teaspoon thyme (or tarragon)
- salt and pepper (optional, to taste)



## Preparation

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.
4. Sprinkle left over thyme or tarragon on top and serve.



**Job Title:** FA 1409 FY15 ACQ CARDS RCT

**Specs:** 5.5 x 3.25

**Colors:** C ■ M ■ Y ■ K ■

**Paper/Stock:** 8pt C1S

**Special Instructions:**

## ***Nutrition information per serving***

Calories: 150  
Carbohydrate: 27g  
Dietary Fiber: 10g  
Protein: 11g  
Total Fat: 1g  
Saturated Fat: 0g  
Trans Fat: 1g  
Cholesterol: 0mg  
Sodium: 320mg



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## **HOW WE'RE HELPING SOLVE HUNGER:**

1



**Your gift is the critical first step** in feeding millions of people in America at risk of hunger.

2



**We build partnerships with:**

- Growers
- Processors
- Retailers
- Manufacturers
- Wholesalers

...and encourage them to donate groceries that might otherwise go to waste.

3



**Our network moves the food**, making sure donated food and groceries go where they are needed most.

4



**Network food banks** ensure safe storage and distribute the groceries to local charities.

5



**Food reaches people facing hunger at:**

- Food pantries
- Soup kitchens
- Senior centers
- Homeless shelters
- Youth programs
- After-school programs



**To find this recipe and more, visit  
HealthyFoodBankHub.FeedingAmerica.org**

FA-0914-ACQ-GRD-RCT-3



**Job Title:** FA 1409 FY15 ACQ CARDS RCT

**Specs:** 5.5 x 3.25

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**Special Instructions:**