Farmers Market Fun Family Recipes

Pumpkin Soup

Serving Size: 1 cup
Yield: 6 servings

Ingredients

- 1 can white beans
- 1 small finely chopped onion
- 1 cup water
- 2 cups of pureed pumpkin, cooked
- 1½ cups apple juice
- ½ teaspoon cinnamon
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ½ teaspoon nutmeg, allspice, or ginger

Instructions

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15 to 20 minutes, until warmed through.
Nutrition information:
Calories: 140
Carbohydrate: 30 gm
Fiber: 7 gm
Fat: 0.5 gm
Protein: 7 gm
Cholesterol: 0 mg
Sodium: 105 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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