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DIET CENTER

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SWEET POTATO PUMPKIN SOUP

Final Lifestyle

Ingredients

1 TBS olive oil
1 cup chopped onion
1 TSP ground ginger
½ TSP curry powder
¼ TSP ground cumin
¼ TSP ground nutmeg
2 garlic cloves, chopped
2 cups peeled, cubed sweet potato
2 cups lower-sodium, fat-free chicken broth
1-1/2 cups water
1 15-oz. can pumpkin
1 cup 1% milk
3 TBS reduced-fat sour cream

Instructions

1. Heat the olive oil in a large pot over medium-high heat.
2. Add the onion and saute for 3 minutes.
3. Add the ginger, curry, cumin, nutmeg and garlic, and cook for 1 minute.
4. Stir in the sweet potato, chicken broth, water and pumpkin, and bring to a boil. Reduce the heat and simmer for 15 to 20 minutes or until the sweet potato is soft, stirring occasionally.
5. Stir in the milk until heated through (but do not boil). Ladle into bowls and top each with ½ TBS sour cream.

Portion-Per-Serving Information: (Yields 6 servings)