

Thai-Style Pumpkin Soup

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 6

Preparation Time: 20 minutes

Cook time: 30 minutes

1 can (15 oz) pumpkin

1 can (14 oz) vegetable broth

1 1/2 cups mango or apricot nectar

1 tablespoon fresh ginger, grated

2 cloves garlic, minced

1 5-ounce can (2/3 cup) evaporated milk or unsweetened coconut milk

1/4 cup creamy peanut butter

2 tablespoons rice vinegar

3 dashes hot pepper sauce or 1/4 teaspoon crushed red pepper

1/4 cup snipped fresh cilantro

sour cream or plain yogurt (optional)

dried Thai chile peppers (optional)

In a large saucepan, combine the pumpkin, broth, nectar, ginger and garlic.

Bring to a boil. Reduce the heat and simmer, uncovered, for 30 minutes, stirring occasionally.

Whisk in the milk, peanut butter, vinegar and hot sauce until smooth.

Stir in the cilantro.

Ladle the soup into bowls.

Top with the sour cream and/or Thai chile peppers as garnish, if desired.

Per Serving (excluding unknown items): 35 Calories; 1g Fat (16.3% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 272mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fat; 0 Other Carbohydrates.