



Cream of Pumpkin Soup

Prep Time: 10 minutes

Cook Time: 15 minutes

Cost per serving: \$1.18

What you need:

Utensils:

- Large skillet
- Slotted spoon
- Small bowl
- Mixing spoon
- Measuring spoons & cups
- Cutting board & knife
- Can opener

Ingredients:

- non-stick cooking spray
- 2 tablespoons chopped onion
- 1 small fresh tomato, chopped
- 1 small carrot, diced
- 1 tablespoon flour
- 3 cups low-sodium chicken broth
- 2 bay leaves
- 1 teaspoon thyme
- 1 15-ounce can 100% pure pumpkin
- black pepper to taste
- 1 8-ounce can evaporated fat free milk
- 2 tablespoons cornstarch

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. In a large skillet, coat with non-stick cooking spray.
4. Add onion, tomato, luncheon meat, and carrot. Cook for several minutes over medium heat.
5. Add flour and mix continuously for about one minute.
6. Add chicken broth, bay leaves, and thyme to skillet. Cover and cook on low for 5 minutes.
7. Remove bay leaves with a slotted spoon.
8. Add pumpkin and pepper to skillet. Mix well until ingredients are combined.
9. In a separate bowl, combine evaporated milk and cornstarch.
10. Add milk mixture to skillet. Cook on medium heat for 5 minutes or until heated through.
11. Remove bay leaves before serving.
12. Serve immediately.



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FOR TEXANS**

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Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 6g	
Vitamin A 250%	Vitamin C 10%
Calcium 15%	Iron 10%
Fat 9 • Carbohydrate	