

Pumpkin Jalapeño Soup

Sodium Per Serving – 54mg

Serves 4

2 tbsp unsalted margarine or butter

1 small onion, chopped

2–4 jalapeños, seeded and chopped*

1 russet potato, cubed

1 clove garlic, minced

1/2 tsp curry powder

1/2 tsp garlic powder

1/2 tsp ground white pepper

2 carrots, chopped

1/3 cup chopped fresh flat-leaf (Italian) parsley

4 cups homemade Chicken Stock or canned LS chicken broth, divided

1 tbsp (or 3 envelopes) LS chicken bouillon granules

1 (15-oz) can pumpkin puree

1/4 cup Madeira wine or dry sherry

2–3 drops hot pepper sauce, such as *Tabasco*

Freshly ground nutmeg

1/2 cup lowfat sour cream (optional)

1. Melt margarine in a large pot over medium heat; add onion and jalapeños. Cook, stirring frequently, until onions are translucent, about 4 minutes. Mix in potatoes, curry, garlic, garlic powder, and white pepper; cook 1 minute longer.
 2. Add carrots, parsley, 2 cups chicken stock, and bouillon; bring to boil. Decrease heat to low; cover and simmer until vegetables are cooked, about 20 minutes. Remove from heat and cool slightly.
 3. Place one-half pumpkin mixture in a blender or food processor and pulse until smooth; repeat with remaining mixture.
 4. Return purée to pan; add remaining 2 cups chicken broth, pumpkin, Madeira, and hot pepper sauce. Heat through and serve, topped with nutmeg and a dollop of sour cream.
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NUTRITIONAL INFO PER SERVING: Calories 189, Fat 6g (Saturated Fat 2g), Cholesterol 15mg, Carbohydrates 25g (Fiber 5g, Sugar 6g), Sodium 54mg (128mg with LS canned broth)

*Recipe Notes

1. Two jalapeños give this soup a hint of heat, but if you like it hot... add all four!.