

Pumpkin, Coconut, Curry
Makes 5 servings

1 T canola oil
1 medium onion, diced
2 t ginger, minced
1 c bell pepper, diced
1.5 t cinnamon
2 t curry powder
2 cups vegetable broth
1/2, 15 oz. can coconut milk
2 cups canned pumpkin
1 lime—juice only
1 15oz. Can petite diced tomatoes, no salt added
1 15oz. Can white beans
1 15 oz. can garbanzo beans



Optional: toasted pecan to garnish, lime wedges

Heat canola oil in a large pot. Heat onion, ginger, and bell pepper on medium-high heat until onions are translucent. Add cinnamon and curry powder and heat for an additional 30 seconds. Add broth, coconut milk, pumpkin, lime juice, tomatoes. Rinse the white beans in a colander and then mash them with hands and add. Rinse garbanzo beans and add. Bring soup to a boil then reduce to a simmer. Cook uncovered for at least 10 minutes. Salt to taste. Serve with rice.

Nutrition information: 430 calories, 25g fat, 15g protein, 46g carbohydrate, 590mg sodium, 15g dietary fiber. Excellent source of vitamins A and C, and iron. Good source of calcium.

