



Pumpkin and Bean Soup

Servings: 6 cups

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

15-ounce can white beans, drained
1 small onion, chopped fine
1 cup water
15-ounce can pumpkin or 2 cups fresh,
cooked and mashed
1½ cups apple juice
½ teaspoon cinnamon
⅛ teaspoon nutmeg, allspice or ginger
½ teaspoon black pepper
¼ teaspoon salt

1. Wash hands and surfaces.
2. Blend white beans, onion and water with a potato masher or blender until smooth.
3. In a large pot, combine the pumpkin, juice, cinnamon, nutmeg, black pepper and salt. Stir, then add the blended bean mix to the pot.
4. Cook over low heat for 15 to 20 minutes, until warmed through.
5. Refrigerate leftovers immediately.



Nutrition Facts

servings per container

Serving size 1 cup (213g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 29g 11%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 414mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Try other canned beans — like garbanzo, small red or pinto beans.
- Cooked mashed sweet potatoes or butternut squash can be used in place of the pumpkin.
- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Make mealtime family time — cook, eat and talk together.
- They learn from watching you — eat fruits and veggies and your kids will, too.

Source: SNAP-Ed Connection Recipe Finder, adapted from Pennsylvania Nutrition Education Network

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance