

PUMPKIN JALAPENO SOUP

Sodium Per Serving – 54mg

Serves 4

This deliciously light and aromatic soup recipe was given to me by my friend, Sally Pearce, who truly is a “soup queen.” After a few low-salt substitutions, I think you’ll love the sweet taste of pumpkin combined with the heat of the jalapeños, not to mention the wonderful aroma that fills the house as it’s cooking.

2 tablespoons unsalted margarine or butter¹	4 cups CHICKEN STOCK (page 232) or canned low-salt chicken broth, divided
1 small onion, chopped	1 tablespoon (or 3 envelopes) low-salt chicken bouillon granules
2–4 jalapeños, seeded and chopped²	1 (15-ounce) can pumpkin puree
1 russet potato, cubed	¼ cup Madeira wine or dry sherry
1 clove garlic, minced	2–3 drops hot pepper sauce, such as Tabasco
½ teaspoon curry powder	Freshly ground nutmeg
½ teaspoon garlic powder	½ cup lowfat sour cream (optional)
½ teaspoon ground white pepper	
2 carrots, chopped	
⅓ cup chopped fresh flat-leaf (Italian) parsley	

- ▶ 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.
- ▶ 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.
- ▶ Place one-half pumpkin mixture in a blender or food processor and pulse until smooth; repeat with remaining mixture.
- ▶ 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.

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)

COMMENTS:

1 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 84mg (or 158mg with low-salt canned broth).

2 Two jalapeños give this soup a hint of heat, but if you like it hot . . . add all four! For information on handling jalapeños, see COMMENTS #2, page 50.

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 1 onion - 2mg
- 1 russet potato - 30mg
- 1 garlic clove - 1mg
- ½ t curry - 1mg
- 2 carrots - 84mg
- ⅓ c parsley - 12mg
- 4 c CHICKEN STOCK - 80mg or LS canned broth - 520mg
- 1 T LS chicken bouillon - 15mg
- 15 oz pumpkin - 25mg
- ¼ c Madeira - 5mg
- 2 drops hot pepper sauce - 4mg
- ½ c LF sour cream - 68mg

Fat (Sat Fat):

- 2 T NSA margarine - 16mg (3mg) or NSA butter - 24mg (16mg)
- 4 c CHICKEN STOCK - 4mg (0mg) or LS canned broth - 8mg (4mg)
- 15 oz pumpkin - 1mg (0mg)
- ½ c LF sour cream - 14mg (8mg)