

Smoky Pumpkin Soup

Adapted from a recipe appearing on the Web site SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 6 servings (about 1½ cups each)

Ingredients:

6 slices crisp-cooked bacon, crumbled
¼ cup bacon drippings/melted butter
6 tablespoons all-purpose flour
6 cups hot low-fat chicken broth
1 29-ounce can of pumpkin
½ cup dry white wine
1 teaspoon dried thyme, crumbled
½ teaspoon nutmeg
salt and freshly ground black pepper to taste
toasted pumpkin seeds for garnish (optional)

Procedure:

Cook bacon, dice and set aside. Measure ¼ cup of drippings, or use available drippings plus enough melted butter to equal ¼ cup. Place drippings or drippings-butter combination in a large saucepan and add the flour. Cook roux for about 10 minutes, stirring frequently. Add hot broth to roux and whisk together. Add pumpkin, wine and seasonings and bring mixture to a slow simmer. Reduce heat slightly and continue cooking for 30 to 45 minutes, stirring occasionally. Add the bacon, and continue cooking for 15 minutes. Readjust seasoning with additional salt and pepper, if needed. Serve garnished with pumpkin seeds if desired. Makes a nice accompaniment for grilled Swiss cheese sandwiches (use pumpernickel bread).

about
200 calories
and 11.5
grams of fat
per serving

A serving of this soup contains 6 grams of fiber, enough to qualify it as a “high-fiber” food under current nutrition labeling laws.

NDSU Agriculture Communication



Smoky Pumpkin Soup