

#QUARANTINE KITCHEN | Budget-Friendly Recipes Using Canned & Dry Foods

Pumpkin And White Bean Soup *(Makes about 6 servings.)*

Ingredients

- 1½ c. apple juice
- 1 can (15-oz.) small white beans
- 1 small onion, finely chopped
- 1 c. water
- 1 can (15 ounces) pumpkin
- ½ tsp. cinnamon
- ⅛ tsp. nutmeg, allspice, or ginger (optional)
- ½ tsp. black pepper
- ¼ tsp. salt

Directions:

1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, juice, cinnamon, black pepper, and salt. If using nutmeg, allspice, or ginger, add that too. Stir.
3. Add the bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Nutrition info: Serving size: 6, Calories: 140, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 420 mg, Total Carbohydrate: 28 g, Dietary Fiber: 7 g, Sugars: 10 g, Protein: 7 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

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