

# PUMPKIN SOUP

## Ingredients

- 1 large onion, chopped
- 3/4 tsp cumin
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 2 Tbsp reduced-sodium chicken bouillon granules
- 1 3/4 cups water
- 29-oz can pumpkin
- 2 cups fat-free milk
- 1 Tbsp honey
- 1 tsp salt
- 2 Tbsp soft-tub margarine
- Shake of Tabasco
- Shake of liquid smoke

## Directions

1. In large saucepan, sauté onion in oil until soft. Stir in cumin, cinnamon, and ginger, and continue heating until spices are fragrant.
2. In a small saucepan, heat the water to boiling. Add bouillon and stir until dissolved. Add to saucepan.
3. Add pumpkin and simmer mixture for 10-15 minutes. Remove from heat.
4. Stir in milk, honey, salt, margarine, Tabasco, and liquid smoke.
5. When mixture has cooled to room temperature, puree in blender, 2 cups at a time.
6. Reheat before serving.

Serves 9