

# Pumpkin Corn Soup

**Prep Time: 30 minutes**

**Makes 8, 1 cup servings**

## Ingredients:

- 1, 15oz can pumpkin
- 1, 15oz can black beans, rinsed and drained
- 1, 15oz can sweet corn, rinsed and drained
- 1, 10oz can diced tomatoes with green chilies
- 2, 14oz cans low-sodium chicken broth
- 1/4 teaspoon black pepper

## Directions:

1. Open all canned ingredients with a can opener. Rinse and drain black beans and sweet corn, then add to a large saucepan.
2. Add pumpkin, diced tomatoes, chicken broth, and black pepper to saucepan and stir.
3. Heat pan over medium heat, 10 minutes, stirring occasionally until bubbling.
4. Turn the heat to low, and simmer additional 15 minutes.
5. Serve immediately and enjoy!



Did you know? You can get rid of up to 40% of sodium in canned vegetables by rinsing them in water.



Cerro Gordo County  
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

## RECIPE TIPS

### Make it a freezer meal!

Freeze cooled soup in freezer containers or freezer bags. When ready to use, thaw in refrigerator overnight. Heat through in a saucepan over low heat, stirring occasionally.

### Canned pumpkin is easy and convenient!

Prepare pumpkin recipes year round with canned pumpkin.

### Let it simmer!

Cooking soups over low heat allows for the flavors to develop.

### Make it spicy!

Add a pinch of cumin or chili powder to give this recipe an extra kick!

Serving Size: 1 cup

### Nutrition Facts:

Calories: 105

Fat: 1 g

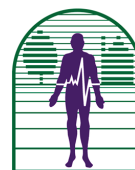
Saturated Fat: 0 g

Sodium: 576 mg

Total Carbohydrates: 20 g

Fiber: 7 g

Protein: 6 g



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Nutrition Services

Reference: Spicy Pumpkin & Corn Soup. Taste of Home. Web. Assessed 9/15. [www.tasteofhome.com/recipes/spicy-pumpkin---corn-soup](http://www.tasteofhome.com/recipes/spicy-pumpkin---corn-soup)

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