

Pumpkin Soup

One chopped onion
One 29 oz. can pumpkin
3 ½ cups low sodium chicken broth
1 cup applesauce
2 tsp. ground ginger
½ cup light sour cream
½ cup bacon bits

1. Sauté chopped onion.
2. Put one 29 oz. can pumpkin and sautéed onion in large pot.
3. Add 3 ½ cups low sodium, 1 cup applesauce, and 2 tsp. ground ginger.
4. Add salt and pepper as desired. Bring to boil.
5. Add ½ cup light sour cream. Add bacon bits as desired.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Pumpkin Soup

One chopped onion
One 29 oz. can pumpkin
3 ½ cups low sodium chicken broth
1 cup applesauce
2 tsp. ground ginger
½ cup light sour cream
½ cup bacon bits

1. Sauté chopped onion.
2. Put one 29 oz. can pumpkin and sautéed onion in large pot.
3. Add 3 ½ cups low sodium, 1 cup applesauce, and 2 tsp. ground ginger.
4. Add salt and pepper as desired. Bring to boil.
5. Add ½ cup light sour cream. Add bacon bits as desired.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Pumpkin Soup

One chopped onion
One 29 oz. can pumpkin
3 ½ cups low sodium chicken broth
1 cup applesauce
2 tsp. ground ginger
½ cup light sour cream
½ cup bacon bits

1. Sauté chopped onion.
2. Put one 29 oz. can pumpkin and sautéed onion in large pot.
3. Add 3 ½ cups low sodium, 1 cup applesauce, and 2 tsp. ground ginger.
4. Add salt and pepper as desired. Bring to boil.
5. Add ½ cup light sour cream. Add bacon bits as desired.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Pumpkin Soup

One chopped onion
One 29 oz. can pumpkin
3 ½ cups low sodium chicken broth
1 cup applesauce
2 tsp. ground ginger
½ cup light sour cream
½ cup bacon bits

1. Sauté chopped onion.
2. Put one 29 oz. can pumpkin and sautéed onion in large pot.
3. Add 3 ½ cups low sodium, 1 cup applesauce, and 2 tsp. ground ginger.
4. Add salt and pepper as desired. Bring to boil.
5. Add ½ cup light sour cream. Add bacon bits as desired.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

