

# Pumpkin Soup

**Makes:** 6 Servings

Canned pumpkin tastes good and is easy to use. The blend of ingredients in this soup gives it a hint of sweetness.

## Ingredients

**3 cups** water

**1/4 pound** beef round roast, thawed, sliced thinly

**2 cans** low-sodium pumpkin (about 30 ounces)

**2 tablespoons** maple syrup (or 2 tablespoons brown sugar)

**1/4 teaspoon** black pepper

**1/2 teaspoon** cinnamon (optional)

**1/4 cup** onions, diced

## Directions

1. In a medium-size pot, bring water to a boil.
2. Add beef roast to boiling water. Boil for 5 to 10 minutes.
3. Add pumpkin, maple syrup, and pepper to pot. If using cinnamon, add that too. Mix well.
4. Lower heat and cook for about 10 minutes. 5. Put 2 teaspoons of onion on top of each bowl of soup. Serve hot.

## Notes

Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>NA</b>	
Total Fat	NA	
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	1 g	
Sodium	NA	