

Pumpkin Potato Soup

The mashed potato adds creaminess to this lower-fat soup.

Ingredients:

- 3 cups mashed potatoes, made with low-fat milk
- ½ cup canned pumpkin
- 1 ½ cups fat-free half-and-half or low-fat milk
- 1 ½ cup shredded, reduced-fat sharp cheddar cheese
- ¾ teaspoon pumpkin pie spice
- ½ teaspoon ground cinnamon
- Pepper to taste
- Salt to taste (optional)
- 5 tablespoons fat-free or light sour cream

Directions:

- Prepare mashed potatoes using milk only (no added butter). Add the pumpkin and fat-free half-and-half (or low-fat milk) to a medium saucepan; whisk to blend well.
- Add cheese, pumpkin pie spice, and cinnamon and stir to combine. Cover pan and simmer over low heat for 5-10 minutes, stirring frequently. Add pepper and salt, if desired.
- Spoon into five serving bowls, then swirl a tablespoon of fat-free or light sour cream in each bowl of soup.

Yield: 5 servings

Nutritional Information: 276 calories, 19g protein, 36g carbohydrate, 6.5g fat (4g sat fat, 2g mono fat, 0.3g poly fat), 23mg cholesterol, 3.2g fiber, 300mg sodium. Calories from fat: 22%.

Recipe Source: WebMD Weight Loss Clinic

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.