

# Salsa Pumpkin Soup

## **You will need:**

1 Tablespoon minced garlic  
1 Tablespoon chili powder  
½ teaspoon cumin  
4 Cups chicken broth OR 4 Cups water + 4 tsp. chicken bouillon  
1- 15 ounce can pumpkin  
2-15 ounce cans black beans, drain and rinse  
2 cups corn - canned or frozen  
1- 28 oz. can diced tomatoes  
1 cup salsa

1 cup uncooked white or brown rice, barley or quinoa  
½ cup sour cream – light or fat free

## **Step by Step:**

Add all ingredients except rice and sour cream to large stock pot.  
Stir well and bring to a boil.  
Add rice, barley or quinoa and simmer until grain is tender.  
Stir in sour cream, or add a spoonful to each bowl of soup.

This handout is provided to you by Eau Claire County UW Extension Wisconsin Nutrition Education Program (WNEP). If you have other questions about nutrition or food safety please call your county extension office at 715.839.4712.



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