

Pumpkin Soup

Recipe from RAMC Dietitians

For Stage 2

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- ½ teaspoon black pepper
- 2 cups broth (chicken or vegetable)
- 1 16oz can pumpkin puree
- 3 scoops whey protein

Directions:

1. With olive oil, sauté onion, garlic, cumin, chili powder, and pepper until soft.
2. Add pumpkin and broth. Bring to boil. Stir occasionally.
3. Lower heat to simmer for 25 minutes.
4. Remove from heat. Add protein powder. Use blender for a pureed consistency as needed.

| Nutrition Facts | |
|--|------------|
| Servings 3.0 | |
| Amount Per Serving | |
| calories | 294 |
| % Daily Value * | |
| Total Fat | 7 g 11 % |
| Saturated Fat | 2 g 11 % |
| Monounsaturated Fat | 3 g |
| Polyunsaturated Fat | 1 g |
| Trans Fat | 0 g |
| Cholesterol | 77 mg 26 % |
| Sodium | 167 mg 7 % |
| Potassium | 272 mg 8 % |
| Total Carbohydrate | 22 g 7 % |
| Dietary Fiber | 5 g 20 % |
| Sugars | 7 g |
| Protein | 33 g 65 % |
| Vitamin A | 4 % |
| Vitamin C | 7 % |
| Calcium | 35 % |
| Iron | 5 % |
| * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. | |



Surgical Weight Loss at RAMC Specialty Group