

SAMSSites Recipes

Pumpkin Soup with Lima Beans

Internet recipe I adapted to my taste

I like lentils, split pea and bean soups but sometimes they are gassy. I wanted a soup with a good texture but still had the good veggies. I also wanted a little protein in it. I liked how it turned out. Lee did not. I will make it again next year when I get a pumpkin and see if I can get it to Lee's taste. It was not real sweet and had more of a soup texture than most pumpkin soups. It did not taste like pumpkin pie. It was more like a squash soup.

- 1 small pumpkin (about 10 cups diced)
- 3 carrots
- 3/4 tsp. black mustard seed (we used brown)
- 1/4 to 1/2 cup vegetable broth (chicken broth is OK too)
- 1/2 onion, chopped
- 1/2 tsp. turmeric
- 1/2 tsp. cumin
- 1/2 tsp. cinnamon
- 1/4 tsp. ginger
- 1/2 tsp. cardamom (put it in by mistake)
- 3/4 c. powdered skim milk
- 2 tsp. honey
- 1 tsp. salt
- 1 can of lima beans



Peel and chop pumpkin and carrots, and simmer in water to cover until tender. Toward the end of cooking time, heat nonstick skillet over medium heat. When hot, add mustard seeds. Cover pan and keep over medium-high heat until popping sound of mustard seeds begins to die down a bit, then immediately add broth (starting with 1/4 c. and adding more as needed) and onion and reduce heat. Cook and stir until onion is translucent. Measure spices while the onion is cooking; then stir them into the mixture and allow to cook on low heat for a minute or so until fragrant. Turn into the pumpkin pot, using a cup or so of the cooking water to rinse the spice pan into the soup pot. Puree seasoned pumpkin and carrots in their cooking liquid. I did not puree as the recipe said. I simply mashed it with a hand masher and not a whole lot. Add milk, honey and salt to mixture in the processor. Add salt to taste. Makes 10 cups.

