

A top-down view of a white marble surface with grey veining. In the top left corner, a portion of a golden-brown baguette is visible. Scattered across the surface are several pieces of penne pasta, some whole and some broken. There are also small bunches of fresh green herbs, including what appears to be dill and parsley. The overall composition is clean and minimalist, typical of a food blog or recipe book cover.

soup & chili

maureen's creamy pumpkin chicken tortilla soup

by Maureen Kuebler, Clinic Staff Manager, Charlotte, NC



YIELD 6 SERVINGS

NUTRITION FACTS

Per 1 serving: 335 calories, 7 g fat (2 g saturated fat), 64 mg cholesterol, 535 mg sodium, 35 g carbohydrate, 7 g sugar, 8 g fiber, 35 g protein

ingredients

1 T olive oil
1 medium onion, finely chopped
2 stalks celery, diced
2 carrots, diced
3 cloves garlic, minced
3 C chicken breast, cooked and shredded
1 (32 oz.) carton reduced-sodium chicken broth
1 (15 oz.) can pumpkin puree (not pumpkin filling)
1 (15 oz.) can black beans
½ C corn, frozen or canned
½ C nonfat plain Greek yogurt
2 t ground cumin
1-2 t chili powder
½ t freshly ground black pepper
¼ t garlic salt

EXTRAS

Finely chopped fresh cilantro, diced avocado, shredded cheddar cheese and tortilla chips

directions

1. Heat olive oil in large Dutch oven or pot over medium heat. Add onion, celery and carrots, stirring and cooking for about 15 minutes, until softened.
2. Stir in garlic and cook for 1 minute. Add chicken, chicken broth, pumpkin puree, black beans, corn, yogurt, cumin, chili powder, pepper and garlic salt. Stir to combine.
3. Bring to boil, lower heat and simmer about 10 minutes. Taste and season with additional seasonings, as needed. Garnish with fresh cilantro, avocado, cheese and tortilla chips, if desired.