***NR# 171 Coconut Pumpkin Soup-Health Enhancement Systems***

***Serving size: 1c***

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| **Ingredients** | **25 Servings** | **50 Servings** | **100 Servings** |
| Vegetable oil | 2 1/8 tsp | 1/4c | 1/2c |
| Carrots, diced | 4 1/8 | 8 1/3 | 16 2/3 |
| Green Bell pepper, chopped | 2 1/8 | 4 1/8 | 8 1/3 |
| Onion, Chopped | 2 1/8 | 4 1/8 | 8 1/3 |
| Canned Pumpkin | 31 ¼ ounces | 62 ½ ounces | 125 1/8 ounces |
| Lite coconut milk | 29 1/8 ounces | 58 1/3 ounces | 116 2/3 ounces |
| Low sodium vegetable broth | 29 1/8 ounces | 58 1/3 ounces | 116 2/3 ounces |
| Jalapeno pepper, diced | 2 1/8 | 4 1/8 | 8 1/3 |
| Table salt | 1 ½ tsp | 3 1/8 tsp | 6 ¼ tsp |
| Ground ginger | 1 1/8 tsp | 2 1/8 tsp | 4 1/8 tsp |
| Sniped fresh cilantro | 1/4c | 1/2c | 1c |
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***Instructions:***

***1*. Heat oil in large sauce pan over medium heat. Sauté carrots, bell pepper and onion for about 5 minutes or until vegetable are nearly tender.**

**2. Combine pumpkin coconut milk and broth in a large bowl. Stir in Jalapeno, salt and ginger.**

**3. Stir in pumpkin mixture into cooked carrot mixture.**

**4. Bring to a boil; reduce heat. simmer uncovered for about 10 minutes or until heated through, stirring frequently. Before serving, stir in cilantro.**