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

***Serving size: 1c***

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

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

***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.**