

Mexican Pumpkin Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-pumpkin-soup-recipe-indian>

Ingredients:

- 1 tablespoon olive oil
- 1 jalapeno pepper cored, seeded, diced
- 1 cubanelle Anaheim, banana pepper, or roasted green chile, cored, seeded, diced
- 1/2 teaspoon ground cumin
- 1 pinch ground cayenne pepper for heat, to taste
- 1 pinch old bay seasoning
- 4 cloves garlic minced
- 4 cups vegetable broth
- 15 ounces pumpkin or squash
- 15 ounces black beans rinsed, drained
- 5 red potatoes medium, peeled, diced
- 1 tablespoon chopped cilantro fresh
- ground pepper
- sea salt
- 1 honey drizzle of, or organic raw agave
- fresh lime juice to taste
- lime slices
- chopped cilantro Fresh

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 76 grams
3. Fat: 3.5 grams
4. Fiber: 15 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1560 milligrams
8. Sugar: 12 grams

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