

# Reader Digest Pumpkin Soup - Weight Watchers

2 tsp oil

1 cup ch. onion

1 tsp garlic minced

1 tsp grated gingerroot

1 tsp curry powder

1/2" Cumin -

2 cups chicken or veg. broth

2 cups chopped Granny

Smith apples

2 cups canned pumpkin

1 " chopped carrots

1/2 tea salt

1/4" pepper

3/4 cup evaporated 2% milk or lite cream

Simmer #1 etc. till soft - 3 mins

Add broth, apples, pumpkin, carrots, s & p,  
Bring to boil & simmer till carrots tender.

Purée in blender, return to pot, stir in  
milk, do not boil. 6 servings

143 calories  
1/2 gr. fat  
4.4 g. fibre.