



Featured Recipe: Pumpkin and white bean soup

Ingredients

1 can small white beans (15 ounces)
1 small onion (finely chopped)
1 cup water
1 can pumpkin (15 ounces)
1-1/2 cups apple juice
1/2 teaspoon cinnamon
1/2 teaspoon black pepper
1/4 teaspoon salt
1/8 teaspoon nutmeg, allspice, or ginger
(if you like)

Directions

1. Mash white beans, onion and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, apple juice, cinnamon, black pepper and salt. If using nutmeg, allspice or ginger, add that too. Stir.
3. Add the bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Source: What's Cooking? USDA Mixing Bowl