

# Pumpkin & Corn Chowder

Serving size: ¾ cup (6oz)

Serves: 6

## **Ingredients:**

2¾ cups vegetable stock  
1¾ tbsp olive oil  
¾ cups leeks, sliced ⅛"  
½ cup carrots, diced ¼"  
½ cup peeled fresh potatoes, diced  
1 cup + 2 tbsp pumpkin puree, canned  
2½ tbsp heavy whipping cream  
1¼ cup frozen corn, thawed and drained  
½ tsp parsley leaves, chopped  
⅛ tsp salt  
⅛ tsp cayenne pepper  
⅛ tsp ground cloves

## **Directions:**

1. Prepare/reconstitute vegetable broth according to package directions.
2. In a large pot, sauté leeks and carrots in oil until tender. Add broth. Bring to a boil.
3. Add potatoes. Cook until tender.
4. Combine pumpkin and small amount of hot broth. Whisk until smooth. Stir back into soup.
5. Stir in cream and corn. Simmer for 10 to 15 minutes.
6. Stir in parsley, salt, pepper and cloves.
7. Serve hot.

## **Exchanges per serving:**

2 Vegetable, 1 Fat

## **Nutrients per serving:**

Calories: 106  
Calories from fat: 56%  
Total Fat: 6.5g  
Cholesterol: 9mg  
Total Carbohydrate: 11.9g  
Sodium: 121mg  
Dietary Fiber: 2.3g  
Protein: 1.5g