

Midwest Delicious Pumpkin Soup

NUMBER OF SERVINGS : 6

INGREDIENTS

2 Tablespoons butter
1/2 cup finely chopped onions
1/2 pound chopped mushrooms
2 tablespoons flour
3 cups chicken stock
1-15 oz can pumpkin
1-15 oz can low fat evaporated milk
1 tablespoon honey
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/2 teaspoon pepper

DIRECTIONS

1. Melt butter over medium heat
2. Add onions and cook until translucent
3. Add mushrooms and sauté 5 minutes
4. Add flour and nutmeg and cook for 2-3 minutes on low
5. Add chicken stock, pumpkin, evaporated milk, honey and spices
6. Cook on medium to low or in a crock pot to allow flavors to blend