



Ginger-Pumpkin Bisque

Shine365
Marshfield Clinic

PREP TIME: 60 minutes • SERVINGS: 4 (1 serving = 1 cup)

INGREDIENTS

- 1/2 tablespoon canola oil
- 1 onion (finely chopped)
- 3/4 tablespoon minced, fresh ginger root
- 1 tablespoon fresh or jarred minced garlic
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1 tablespoon all-purpose flour
- 1 (14-1/2 ounce) can low-sodium vegetable broth
- 1 cup water
- 2 (15-ounce) can pumpkin puree
- 1 cup skim milk
- 1/4 cup fat-free sour cream, to serve (optional)
- 2 tablespoons chopped chives (optional)

NUTRITION INFORMATION

Each serving (1 cup) contains: 138 calories; 6.1g protein; 2.7g fat; 9.8g fiber; 26.5g carbohydrate; 14g sugar; 199mg sodium.

TIPS:

1. If you can't find ginger root, substitute the 3/4 tablespoon fresh ginger with 1/2 teaspoon ground ginger.
2. Ginger—fresh or ground—is a great spice to incorporate into as many recipes as possible. With anti-inflammatory properties, ginger has long been used as a natural way to treat a host of stomach ailments. Add into smoothies, stir-fries, cookies and more.
3. Chop the onion into a very fine dice; if not, consider pureeing the mixture at the end if the chopped onion pieces are too big.

INSTRUCTIONS

In a large heavy-duty pot, warm oil over medium-high heat. Add minced onion, stirring occasionally and sautéing until soft, about 6 to 8 minutes.

Stir in ginger, garlic, thyme, cinnamon, pepper and salt. Stirring constantly, let spices cook for 1 minute. Stir in flour and then add vegetable broth and water, using a spatula to scrape the bottom of the pan for caramelized bits. Stir in pumpkin puree. Bring mixture to a boil; reduce heat to low so that soup is at a simmer. Cook for 10 minutes.

Stir in milk and remove from heat. Ladle soup into bowls, garnishing each serving with sour cream and chives, if desired. Serve.

Source: [American Heart Association](https://www.heart.org)

Find more recipes at shine365.marshfieldclinic.org