

Cream of Pumpkin Soup

A touch of orzo pasta, or wild rice, adds texture to this creamy, easy-to-make pumpkin soup.

By **BHG Test Kitchen** | Published on September 1, 2005

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

3 tablespoon butter

1 large onion, finely chopped (1 cup)

2 cloves garlic, minced

$\frac{1}{8}$ - $\frac{1}{4}$ teaspoon crushed red pepper

2 14 ounce can chicken broth

$\frac{1}{2}$ cup uncooked orzo or wild rice

1 $\frac{1}{2}$ cup half-and-half, light cream, or milk

1 tablespoon all-purpose flour

1 15 ounce can pumpkin

Cracked black pepper (optional)

Directions

Step 1

In a large saucepan melt butter over medium-high heat. Add onion and garlic; cook for 3 to 5 minutes or until tender, stirring occasionally. Stir in crushed red pepper; cook for 1 minute. Add broth; bring to boiling. Stir in orzo or rice. Reduce heat and simmer, covered, about 10 minutes for orzo or 40 minutes for wild rice or until orzo or rice is tender.

Step 2

In a screw-top jar combine half-and-half and flour. Cover; shake well to combine. Stir into orzo mixture; cook and stir until slightly thickened and bubbly. Stir in pumpkin; heat through. Sprinkle each serving with cracked black pepper. Makes 6 to 8 side-dish servings.

Nutrition Facts

Per serving: 234 calories; total fat 14g; saturated fat 8g; cholesterol 40mg; sodium 614mg; total carbohydrate 23g; total sugars 4g; protein 6g; vitamin c 5.3mg; calcium 90.9mg; iron 1.6mg; potassium 293mg; folate, total 44.4mcg; vitamin b-12 0.2mcg; vitamin b-6 0.1mg