



## **Apple Pumpkin Bisque**

Makes about 9 cups

- 1 Tbsp. butter
- 1 small onion, finely chopped
- 1 Tbsp. finely chopped ginger root
- 1 (15 oz) can pure pumpkin puree
- 2 cups unsweetened applesauce
- 1 (14.5 oz) can low-fat chicken broth
- 2 Tbsp. honey
- 1 tsp. apple cider vinegar
- 1 cinnamon stick
- 1 small dried chili pepper
- 1 tsp. ground nutmeg
- salt and ground white pepper, to taste\*
- ½ cup fat-free half and half

In a large heavy saucepan, melt butter then sauté onion and ginger until onion is tender, about 4 minutes. Add remaining ingredients except half and half; simmer about 15 minutes until flavors are blended. Stir in cream just before serving.

\*additional salt and pepper not included in analysis

Per 1-cup serving: 110 calories, 2 g fat, 3 g protein, 21 g carbohydrate, 3 g fiber, 270 mg sodium