

Golden Pumpkin Soup

2 tablespoons Nucoa
1/4 cup green onion, finely sliced
1/2 cup chopped celery
1 cup grated carrot
1 teaspoon ground cumin
1 teaspoon ground ginger
2 cups cooked, mashed pumpkin
1/2 teaspoon salt
3 cups Swanson's vegetable broth or water
Freshly ground pepper to taste



Melt Nucoa in a large saucepan and sauté the onions, carrot and celery. Stir in the remaining ingredients and simmer for 8-10 minutes.

Variations

- Substitute GW Golden Broth or apple cider for the vegetable broth
- Add 1/2 cup corn or red pepper *
- Garnish with low protein croutons

Total Phe per recipe: 234 mg*
Phe per 1/2 half cup serving: 20 mg

(*add 100 mg phe per recipe for corn and 20 mg phe per recipe for red pepper)

*Recipe adapted from The Urban Peasant:
Quick and Simple by James Barber*



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