



Total Time
30 MIN.

Serving & Size
1 CUP (8 FL OZ)

Difficulty
DIFFICULT

Yields
16


This rich tasting dessert soup boasts the perfect combination of pumpkin with a sweet blend of brown sugar and spices for a unique twist to a traditional favorite.

Nutrition Facts	
Serving Size	1 CUP (8 FL OZ)
Amount Per Serving	
Calories 153	
	% Daily Value
Total Fat 3.4g	5%
Saturated Fat 0.8g	4%
Cholesterol 6mg	2%
Sodium 394mg	16%
Total Carbohydrate 25.9g	9%
Dietary Fiber 2.3g	9%
Protein 5.4g	11%
Vitamin A 53%	Vitamin C 4%
Calcium 7%	Iron 6%

INGREDIENTS

WEIGHT

MEASURE

vegetable oil		1	tblsp.
Vidalia onion, minced		2	cups
ground cinnamon		1 1/2	tblsp.
nutmeg, ground		2	tsp.
ground white pepper		1	tsp.
Swanson® Natural Goodness® Chicken Broth		2	cups
water		2	cups
pumpkin		1	qt.
honey		1/2	cups
 Campbell's® Healthy Request® Condensed Cream of Chicken Soup, 50 oz ea	50 oz.	1	cans
fat free half and half		2	cups
plain nonfat Greek yogurt		1 1/2	cups



INSTRUCTIONS

1. In large saucepot or stock pot heat oil over medium-high heat; add onions and sauté 5 minutes, stirring often, until softened and beginning to turn golden.
2. Stir in cinnamon, nutmeg and pepper and cook 30 seconds.
3. Pour in Broth and water and bring to a simmer. Stir in pumpkin puree and honey and return to a simmer.
4. Add Soup to the hot mixture and whisk together and return to a simmer.
5. Stir in half & half and return to a simmer; cook 3 minutes, stirring often. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F or higher for service.
6. In a bowl whisk yogurt until smooth and spoon into a squirt bottle equipped with a pointed tip.
7. **For Each Serving:** Ladle 1 cup hot soup into a soup bowl or plate and squeeze 1 1/2 Tbsp. yogurt over top of soup to garnish. Serve while hot.