



Southwestern Pumpkin Soup

P-309-00
Soups

Color Code: Green
Sodium: High

Yield: 100 Portions
Each Portion: 1 cup (8-¾ oz)
Time: 26 - 28 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	½ cup + 2 tbsp	4-¾ oz	
ONION, YELLOW, DICED ½-INCH	3 qt	3 lb 7 oz	3 lb 13 oz
GARLIC, PREMINCED, IN WATER	1-½ cup	9 oz	
CHILI POWDER	¾ cup	3-½ oz	
SALT	¼ cup + 1 tbsp	3-¼ oz	
CUMIN, GROUND	¼ cup	0.80 oz	
WATER, WARM	3-¼ gal	27 lb 2 oz	
BASE, VEGETABLE, LOW SODIUM	¾ cup + 3 tbsp	9-½ oz	
PUMPKIN PUREE, CANNED	1-½ gal + 3 cup	13 lb 12 oz	
SALSA, MILD	2-¾ qt	6 lb	
CHICKPEAS, CANNED, DRAINED, RINSED	1 gal	5 lb 13 oz	1-½ No. 10 Can
CORN, WHOLE KERNEL, FROZEN	1 gal	4 lb 11 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onion to ½-inch.
2. Combine warm water and vegetable base; whisk until fully incorporated. Set aside for use in Step 5.
3. In a large stockpot or steam-jacketed kettle, heat oil. Sauté onion and garlic for 3 to 5 minutes.
4. Add chili powder, salt and cumin to vegetables. Continue to sauté for an additional 3 minutes.
5. Add vegetable stock, pumpkin puree, salsa, chickpeas, and corn. Using a wire whisk, mix soup to dissolve pumpkin puree.
6. Bring soup to a simmer. Simmer soup for 20 minutes. CCP: Internal temperature must reach 135°F (57°C).
7. Serve immediately or CP: Hold hot at 135°F (57°C).

RECIPE NOTES

1. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	116
Carbohydrates	21 g
Sugars*	6 g
Protein	4 g
Fat	3 g
Saturated Fat	0.3 g
Sodium	694 mg
Calcium	43 mg
Fiber	3.3 g



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