

Savory Pumpkin Recipes for Fall

A photograph of a wooden crate overflowing with pumpkins of various sizes and colors, including orange and white. The pumpkins are arranged in a rustic wooden crate. In the background, there are green trees and a clear sky, suggesting an outdoor farm stand setting. The text is overlaid on a semi-transparent white rectangular area in the center of the image.

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FOR FALL

LIVE WELL UTAH

October is in full swing, and that means pumpkin is everywhere! Don't reserve pumpkin just for your baked goods and sweet treats, try these savory pumpkin recipes to get a taste of fall.

Pumpkin is low in calories. One-half cup of mashed pumpkin (without salt) has 24 calories, 0 grams (g) fat, 1 g protein, 6 g carbohydrate, 1 g fiber and 1 milligram sodium. Pumpkins are packed with nutrients, such as fiber and beta carotene. Our bodies use beta carotene to produce vitamin A. Pumpkins are also rich in potassium.

You can steam it, bake it, boil it, microwave it (if you put slits in it), and pressure cook it. Once cooked it can be mashed, pureed, cubed and stored in either the fridge or freezer in air tight containers. Mashed or pureed pumpkin (either fresh or canned) has many options for its use. Here are just a few: Muffins, biscuits, and quick breads with part whole wheat flour; soups, added to the sauce in mac and cheese; added to chili; make a smoothie; cheese balls; and add to hummus. Cubed and cooked pumpkin can be used with pasta, risotto, soups, salads, and casseroles.

Pumpkin Chili

(From Taste of Home)

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 medium sweet yellow pepper, chopped
- 3 garlic cloves, minced
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3 cups chicken broth

- 2-1/2 cups cubed cooked turkey
- 2 teaspoons dried parsley flakes
- 2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons dried oregano
- 1/2 teaspoon salt

In a large skillet, heat oil over medium-high heat. Add onion and pepper; cook and stir until tender. Add garlic; cook 1 minute longer. Transfer to a 5-qt. slow cooker; stir in the next 10 ingredients. Cook, covered, on low 4-5 hours. If desired, cube avocado and thinly slice green onions, and top when serving.

Yield: 10 servings

Quick and Easy Creamy Pumpkin Soup

(From NDSU Extension Service)

- 2 cups finely chopped onions
- 2 green onions, sliced thinly, tops included
- 1/2 cup finely chopped celery
- 1 green chili pepper, chopped
- 1/2 cup canola oil
- 3 (14.5-ounce) cans chicken broth, reduced sodium or
- 6 cups homemade chicken stock
- 1 (16-ounce) can solid pack pumpkin
- 1 bay leaf
- 1-1/2 teaspoons ground cumin
- 1 cup undiluted, evaporated skim milk
- Salt* and pepper to taste
- Parmesan cheese and fresh chopped parsley

In a 6-quart saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered

for 20 minutes, stirring occasionally. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. Add 1/2 teaspoon salt and 1/2

teaspoon black pepper, if desired. Transfer hot soup to pumpkin tureen. Garnish with grated Parmesan cheese and chopped parsley. Serve hot.

*Canned chicken broth and canned pumpkin may contain added salt. Taste the finished soup before adding salt, as additional salt may not be needed.

This article was written by Teresa C. Hunsaker, USU Extension, Weber County, Family and Consumer Sciences Education