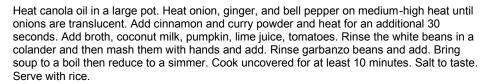
## Pumpkin, Coconut, Curry Makes 5 servings

- 1 T canola oil
- 1 medium onion, diced
- 2 t ginger, minced
- 1 c bell pepper, diced
- 1.5 t cinnamon
- 2 t curry powder
- 2 cups vegetable broth
- 1/2, 15 oz. can coconut milk
- 2 cups canned pumpkin
- lime—juice only
  15oz. Can petite diced tomatoes, no salt added
- 1 15oz. Can white beans
- 1 15 oz. can garbanzo beans

Optional: toasted pecan to garnish, lime wedges



Nutrition information: 430 calories, 25g fat, 15g protein, 46g carbohydrate, 590mg sodium, 15g dietary fiber. Excellent source of vitamins A and C, and iron. Good source of calcium.





