



Jalapeño, Chicken & Pumpkin Soup

Prep: 20 minutes

Bake/Cook: 1 hour • Serves: 8

PICS nonstick cooking spray

- 2 medium pie pumpkins, halved through stem end and seeded
- 1 tablespoon PICS olive oil
- 2 large jalapeño peppers, coarsely chopped
- 1 large yellow onion, chopped
- 1½ pounds Market 32 boneless, skinless chicken thighs, coarsely chopped
- 4 garlic cloves, minced
- 1 teaspoon PICS ground cumin
- 1 teaspoon kosher salt
- 2 boxes (32 ounces each) PICS low sodium chicken broth
- 4 cups Full Circle baby kale
- Lime wedges, queso fresco, corn tortilla strips and/or PICS sour cream for garnish (optional)

1. Preheat oven to 400°. Spray rimmed baking pan with cooking spray. Place pumpkin halves, cut side down, on prepared pan. Roast 1 hour or until pumpkin is tender. Cool slightly; remove and discard skin. Cut pumpkin into 1-inch pieces.

2. In large saucepot, heat oil over medium-high heat. Add jalapeños and onion; cook 6 minutes or until lightly charred, stirring once. Add chicken, garlic, cumin and salt; cook 2 minutes or until fragrant, stirring frequently. Add broth and heat to a simmer; reduce heat to medium-low. Simmer soup 45 minutes or until internal temperature of chicken reaches 165° and shreds easily with a fork, stirring occasionally; stir in kale and pumpkin. Makes about 14 cups.

3. Serve soup garnished with limes wedges, queso fresco, tortilla strips and/or sour cream, if desired.

*Approximate nutritional values per serving (1¾ cups):
215 Calories, 9g Fat (2g Saturated), 57mg Cholesterol,
369mg Sodium, 15g Carbohydrates, 2g Fiber, 20g Protein*