



Icahn  
School of  
Medicine at  
Mount  
Sinai

Department of Genetics and Genomic Sciences  
Icahn Institute for Genomics and Multiscale Biology

## METABOLIC NUTRITION PROGRAM

### Orange Pumpkin Soup- 12 servings

Adapted from recipe by Emeril Lagasse

Per Serving: 110 Calories, 2 gm Protein, 3.5 gm Fat, 16 gm Carbohydrates

- ½ small (1 pound) pumpkin, strings and seeds discarded
- 1 acorn squash (1 pound), halved, strings and seeds discarded
- 2 tablespoon olive oil
- 2 ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 sprigs fresh thyme
- 2 medium yellow onions, peeled and halved
- 2 medium carrots, peeled and halved lengthwise
- 2 medium shallots, peeled and halved
- ½ medium orange
- 3 bay leaves
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice
- ½ cup dry white wine
- 6 cups chicken broth
- ½ cup fresh orange juice
- 3 tablespoon dark brown sugar
- 1 tablespoon balsamic vinegar
- 2 tablespoon heavy cream

### Directions

1. Preheat oven to 375 F.
2. Rub the pumpkin and squash halves with 1 tablespoon olive oil and season with ½ tsp salt and ¼ tsp pepper. Place flesh side down in a large roasting pan. Place thyme sprigs under each half.
3. Toss onions, carrots, shallots, orange and bay leaves with the remaining 1 tablespoon olive oil, ½ tsp salt, and ¼ tsp pepper and place in the roasting pan. Roast until the vegetables are well browned, about 1 ½ hours, occasionally stirring the vegetables (except the pumpkin and squash). Remove the orange if it begins to brown before other vegetables.
4. Remove the pan from the oven and let it sit until vegetables are cool enough to handle.

<b>Nutrition Facts</b>	
Serving Size (270g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein</b> 2g	
Vitamin A 90%	• Vitamin C 30%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

5. Meanwhile, remove the thyme and bay leaves and discard. Once cool, scoop the flesh from the pumpkin and squash and transfer back to roasting pan.
6. Place the roasting pan over 2 burners over medium heat. Season with remaining 1 ½ tsp salt, cloves, and allspice and add wine to deglaze the pan.
7. Add 2 cup stock and bring to a simmer. Cook for 20 minutes. Remove orange and discard.
8. Transfer the soup in small batches to a food processor or blender and puree until very smooth. Strain the mixture through a sieve into a medium saucepan or soup pot.
9. Add remaining 4 cup stock, orange juice, brown sugar, and balsamic vinegar and bring to a simmer. Add cream and stir to combine.