



Pumpkin and Chicken Chowder

- 2 red bell peppers (about 14 ounce)
- 2 jalapeño peppers (about 1 ounce)
- 2 tablespoon olive oil
- 1 ½ pounds boneless, skinless chicken breasts, diced
- 3 leeks, white and light-green parts only
- 1 pumpkin, peeled, seeded, cut into 1-inch chunks (about 2 pounds)
- 3 Tablespoon all-purpose flour
- 2 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon fresh ground pepper
- 1 cup corn, kernels
- 3 cans (14 1/2 ounces each) low-sodium chicken broth
- 1 Tablespoon Fresh oregano leaves
- 1/2 cup low fat sour cream (optional)

Roast the peppers: Preheat oven to broil. Place the red peppers and jalapeños on a baking sheet and cook under the broiler, turning occasionally, until the skins blacken, about 10 minutes. Seal the charred peppers in a plastic bag for 10 to 12 minutes. Peel, stem, seed, and cut peppers into 1/2-inch pieces. Set aside.

To make the soup:

Heat the olive oil in a large Dutch oven over medium-high heat. Add the chicken pieces and cook until browned. Remove the chicken and keep warm. Add the leeks and pumpkin and sauté for about 5 minutes. Add the flour, cumin, chili powder, salt, and pepper and cook for 1 to 2 minutes. Add the corn, peppers, chicken, broth, and oregano and bring the soup to a boil. Reduce heat to low and simmer, about 30 minutes. Garnish with sour cream if desired and serve hot.

Nutritional Analysis per serving: 157 calories, 8.1 g total fat, 0 g saturated fat, 32 mg cholesterol, 207 mg sodium, 10.7g total carbohydrate, 1.8 g dietary fiber, 0 sugars, 11.4 g protein, 0 g calcium