



## Easy Creamy Pumpkin Sauce

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Recipe Source: [www.budgetbytes.com](http://www.budgetbytes.com)

Servings: 2

### Ingredients:

2 cloves garlic  
2 tsp olive oil, 1 tsp unsalted butter  
1 cup pumpkin puree  
1 cup low sodium chicken broth  
Dash nutmeg  
¼ tsp chili powder  
Pinch of cayenne pepper  
2 TBSP half and half

### Steps:

- Mince two cloves of garlic and add them to a large skillet with the butter and olive oil. Sauté over medium-low heat for 1-2 minutes, or just until the garlic is soft and fragrant.
- Add the pumpkin purée and chicken broth to the skillet and stir to combine. Add the nutmeg, chili powder, cayenne pepper, and some freshly cracked black pepper. Stir in the spices and let the sauce simmer over medium-low heat.
- Add the half and half to the skillet and stir it into the pumpkin sauce. Taste the sauce and add salt, if needed.

*Tips from the Test Kitchen: You could use this sauce with rice, pasta, over fish, chicken, or roasted vegetables. If you don't have half and half, you could use evaporated skim milk or 2% milk.*

**Nutritional Facts (per serving):** Calories: 123, Carbohydrates: 12 grams, Protein: 2 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 11 mg, Sodium: 27 mg, Fiber: 5 grams, Total Sugars: 5 grams.