

Pumpkin Curry

Recipe developed by Hopelink Harvest Volunteer: Julie A.

Ingredients:

- 1 can of pumpkin, or 1/2 small pumpkin or squash (approximately 1 pound)
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 bell pepper, chopped
- 2 TB vegetable oil
- 1 TB curry powder or paste
- 1 can chopped tomatoes
- 2 cans coconut milk or 4 cups of stock (use half this amount if using canned pumpkin)
- 1 can chickpeas
- Salt and pepper to taste
- *Optional:*
 - 1 bunch fresh cilantro
 - 1/2 fresh jalapeño or other hot pepper
 - 1 TB ginger powder

Method:

1. Peel fresh pumpkin/squash (if using), and chop into 1 inch chunks.
2. Heat oil in large saucepan over medium-high heat. Add onion, garlic, bell peppers and optional ginger and jalapeno, then reduce to medium heat. Cook until golden, stirring occasionally.
3. Add curry and sauté until fragrant.
4. Add tomatoes and milk, bring to a boil.
5. Add pumpkin and chickpeas. Reduce to low heat, cover with lid and simmer for 45 minutes if using fresh squash/pumpkin, 20 minutes if using canned.
6. Check pumpkin occasionally, adding more liquid (milk, water, stock) as needed if dry.
7. Garnish with optional cilantro and serve over rice or as a soup.

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