

Squash Garbanzo Curry

Recipe developed by Hopelink Harvest Volunteer: Craig S.
Serves 4

Ingredients:

- 1 medium onion
- 1 medium winter squash, diced (acorn, Delicata or other)
- 1 can garbanzo beans, rinsed and drained
- 1 can coconut milk (13.5 oz) or 1½ cups milk
- 1-2 tbs curry paste or curry powder, to taste
- Optional:
 - ½ cup diced potatoes
 - ½ cup diced red or green pepper
 - ¼ cup grated fresh ginger or 1/2 tsp dried ginger
 - 1 jalapeno pepper, minced

Method:

1. In medium pot, sauté onions over medium-low heat until soft, 5-10 minutes.
2. Add diced squash, milk and curry paste or powder. Bring to boil, then simmer until squash is tender, but not falling apart.
3. Add garbanzos and heat through.
4. Serve over rice. Optional: garnish with fresh chopped green onions or cilantro.

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