

Creamy Curried Pumpkin

Prep Time: 10 minutes

Cook Time: 20 minutes

Difficulty: Beginner

Serves: 4

Attributed: Draeger's Market



Ingredients:

- ½ Vegetable Oil
- 1 Onion, Chopped
- 1 Cup Chopped carrot
- ½ Cup Chopped Bell Pepper
- ½ Cup Cooked Chickpeas
- 3 Cloves Garlic, Minced
- 1 Tbsp Freshly Grated Ginger
- ½ Tbsp Yellow Curry Powder
- ½ Tsp Ground Turmeric
- 1 Tsp Ground Cumin
- 1 Tsp Paprika
- 1 Tsp Salt
- ½ Tsp Black Pepper
- ½ Cup Tomato Sauce
- 2 Cups Pumpkin Purée
- ¾ Cup Vegetable Broth
- ¾ Cup Coconut Milk
- Chopped Fresh Cilantro as a Garnish
- Cooked Rice to Serve

Directions:

In a large sauce pan, add the vegetable oil, carrots, bell peppers, and chickpeas and sauté for a few minutes, then add the onion and continue to sauté the veggies until the onions are translucent, another 2-3 minutes. Next, stir in the fragrant garlic and ginger and let them simmer with the other veggies for just another minute or so and then add the curry powder, turmeric, cumin, paprika, salt, and pepper. Next, stir in the tomato sauce, pumpkin puree, vegetable broth, and the coconut milk. Combine thoroughly and bring the mixture to a simmer. Turn the heat to low and continue to simmer for another 10 minutes. Sprinkle with cilantro and serve over rice.