

Pumpkin Vegetable Curry

Makes 5 cups

- 2 tablespoons olive oil (alternatively, use 2 tablespoons ghee)
- 2 medium onions, peeled and finely chopped, about 2 cups
- 3 cups diced pumpkin or other winter squash
- 2 cups sliced white button or cremini mushrooms
- 2 large cloves garlic, peeled and minced
- 1 inch piece of fresh ginger, peeled and minced
- 1 teaspoon chili powder
- 1 teaspoon garam masala
- 1 teaspoon curry powder or turmeric
- ¼–½ teaspoon black pepper
- 1 14-ounce can diced fire roasted tomatoes
- ½ cup coconut milk
- 1½ cups frozen green peas

Directions

Heat the oil or ghee in a pan and add the onions. Sauté until the onions are soft and add diced pumpkin or winter squash along with a pinch of salt. Toss with oil and cook until pumpkin starts to get soft. Add the mushrooms, garlic, ginger, chili powder, garam masala, turmeric and black pepper. Stir for a few seconds. Add the tomatoes and simmer until vegetables are tender.

Add the coconut milk and peas and heat until warm.

Serve with chopped cilantro and some brown rice or flatbread. Add a dollop of plain yogurt if desired.



NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	217
Protein	9 g
Carbohydrates	30 g
Fiber	9 g
Fat	8 g
Sodium	200 mg
Potassium	850 mg

Cost per serving: \$2.30

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