

Pumpkin Curry

Very low in sodium and no added oils

Ingredients

1 medium red onion, thinly sliced
3 cloves garlic, minced
2-3 tsp fresh ginger, minced or very finely chopped
1 1/2 tbsp curry powder
1 can full fat coconut milk
1 cup pumpkin puree
2 cups vegetable broth*
2 small carrots, thinly sliced
1 bell pepper (red, orange, or yellow), thinly sliced
2 cups butternut squash, diced into 1/2 inch cubes
2 cups broccoli florets
4 cups baby spinach

For garnish

1/2 cup cashews
1/2 cup fresh cilantro or parsley leaves, rinsed and drained
1/4 cup freshly squeezed lemon juice
pinch of salt to taste

Serves 4

Instructions

Add 1-2 tbsp vegetable broth and sliced red onion to medium-large stock pot; sauté over medium heat 5 to 7 minutes, stirring occasionally as moisture is absorbed.

Onions will begin to sear and brown on bottom of pot.

Add remaining vegetable broth to deglaze the pot, stir well

Add garlic, ginger, and curry powder and stir

Pour in coconut milk and pumpkin puree, stir again

Add carrots, bell pepper, and butternut squash

Bring to a boil, then reduce heat and simmer 12 minutes or until squash is fork tender.

Reduce heat and add broccoli florets, stir to combine
Remove from heat, and add baby spinach
Stir to combine all spinach

For garnish, toast 1/2 cup cashews in pan on low heat
Keep on low heat and watch carefully; nuts are high in fat and can burn easily

Once nicely toasted, remove cashews from pan and let cool a few minutes
Scoop curry into serving dishes, and top with toasted cashews, fresh cilantro or parsley, fresh squeezed lemon juice, and a pinch of salt to taste

*Bonus Recipe:

Homemade Vegetable Broth

2 cups boiled water

1 tbsp ground thyme

2 tsp garlic powder

1 1/2 to 2 tbsp onion powder

Boil water on stovetop and measure out 2 cups. Add ground thyme, garlic powder, and onion powder. Mix well with whisk.

Use for any recipe that calls for vegetable broth.

No need to add salt; just add salt to taste before serving your final dish.

Enjoy!

Marissa de Crom, MPH RD LD