

Curried Pumpkin and Peanut Stew



35 minutes



Expert



INGREDIENTS

- Canola oil (or other light flavored oil) 1/4 cup
- Minor's Tikka Masala Curry Conc. 2 Tbsp
- Onion, large, yellow, 1/4" slice pole to pole 1
- Garlic, minced 1 Tbsp
- Jalapeno pepper, sm, seeded and diced (to taste) 1
- Peanut butter (plain, roasted only with no salt) 1/2 cup
- Tomato paste 1 Tbsp
- Libby's 100% Pure Pumpkin
- 1/2 cup
- Minor's Sautéed Vegetable Base Conc.
- 5 tsp
- Rustic Cut Tomatoes, Dei Fratelli or crushed tomatoes 26.46 oz
- Water 5 cups
- Butternut Squash, diced, 1/4" 1 cup
- Carrot, peeled, diced, 1/4" 1 cup
- Celery, diced 1/4" 1 cup
- Potato, diced 1/4" 1 cup
- Red bell pepper, diced 1/4" 1 cup
- Chickpea can, drained and rinsed 15.5 oz
- Petit Peas, frozen 1 1/2 cups
- Zucchini, diced 1/4" 1 cup
- Zest of 1 lemon
- Lemon Juice 3 Tbsp
- Salt and Pepper to taste
- Freshly chopped cilantro for garnish optional

8 PORTIONS

DIRECTIONS

- In a large soup kettle over medium flame, sauté onions until translucent. While stirring continuously, add curry concentrate and continue to sauté until aromatic, approx. 30 sec.
- Add garlic, jalapeno, peanut butter, tomato paste and pumpkin to pot. Continue to cook for 1-2 min.
- Add base concentrate, tomatoes and water, stir to combine
- Add squash, carrot, potato, and bell peppers
- Cover pot and simmer for 1 hour or until vegetables are tender and flavors are melding
- Add drained chick peas, peas, zucchini, and lemon zest and juice. Simmer uncovered for 10-15 min.
- Adjust seasoning with salt, pepper and acidity – preferably fresh lemon juice
- Garnish soup with chopped cilantro