Pumpkin Curry Stew
By DairyFreeGina

Dairy Free   *Vegan*   *Gluten Free*

This stew will keep you warm on a cold day! It's full of fiber from the pumpkin and protein rich from the beans. Plus you get anti-inflammatory agents from the ginger, garlic and cinnamon. It freezes well and is good too leftover the next day.

Ingredients

1 Tablespoon Coconut Oil

1 Medium Sized Red Onion, Diced

3 Cloves Garlic, Diced

6 Carrots, medium sized, chopped

6 Whole Tomatoes, chopped or use a can of whole tomatoes

1 15-oz Can Pumpkin(Do not use pumpkin pie filling. Use pure pumpkin)

 1 15-oz Canned Chickpeas, drained and rinsed

 1 15-oz Can Cannellini beans, drained and rinsed

1 medium sized Jalapeno, diced small after the seeds have been removed

1/2 teaspoon fresh Ginger, grated

1 Tablespoon Sweet Curry Powder

1/2 teaspoon Turmeric

1/2 teaspoon Cinnamon

1/4 teaspoon Cayenne Pepper plus a dash of hot sauce if you like your food extra spicy

1 cup Coconut Milk

1 cup Water or Vegetable Broth

Salt and Pepper to taste

Directions

1. In a large pot heat the coconut oil. Add the onion and garlic and sauté until the onion softens.

2. Add the carrots, tomatoes and jalapeno to the pot. Stir. If the pan is starting to stick add a dash of water. Sauté on low heat until the carrots become somewhat tender.

3. Add the pumpkin, chickpeas, all of your spices and stir until combined. Simmer for 5 minutes. Then add the coconut milk and water. Stir and bring to a boil. Once the pot boils turn the heat down to low and let it simmer for about 30 minutes until the carrots are completely tender. Before serving taste and adjust seasonings if necessary.

Serve on top of rice or another favorite grain. Serve with a splash of lime or lemon juice on top of the stew. Garnish with kale