

# PUMPKIN CURRY

RECIPE FROM BHUMIKA  
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## Ingredients:

- 3 tbsp vegetable oil
- 2 onions, diced
- 3 dried red chilis
- 1 tsp fenugreek seeds
- 1 tsp mustard seeds
- ½ tsp turmeric powder
- 1 tsp curry powder
- 2 tsp cumin powder
- 2 tsp salt
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1 pumpkin
- 4 tomatoes
- 3 peppers
- Handful of green beans
- 2-4 cups water, as needed
- Salt and pepper to taste



## Directions:

1. Wash and cut the vegetables into bite-sized pieces
2. Heat the vegetable oil in a large pot
3. Add the chilis, fenugreek seed, and mustard seed and stir for a few minutes
4. Add the diced onions, remainder of the dried spices, garlic, and ginger
5. Cook until sizzling
6. Add the pumpkin and cook for 5 minutes
7. Add the tomatoes, peppers, and green beans and cook for 5 minutes
8. Add 2-4 cups of water, reduce heat to medium-low and let simmer for 20-25 minutes covered, stirring occasionally
9. Add salt and pepper to taste and serve over rice