

# Pumpkin with Onions and Garlic



Serves 3-4

## Cooking Time (including preparation)

- 50-60 mins for Vata and Pitta, 60-70 mins for Kapha

## Ingredients

- 2 Tbsp mustard oil (or ghee with 2 tsp mustard seeds)
- 2 cloves garlic, crushed
- 1 tsp fenugreek seeds
- 1 dried red chili pepper, crushed (omit for Pitta)
- 2 large onions, chopped
- 1 medium pumpkin, peeled and cubed (if Jap pumpkin used, keep skin on)
- 1 tsp salt
- 1½ tsp mango powder, or 1 tsp crushed pomegranate seeds, or 1-2 tomatoes
- ½ tsp jaggery (or densely compacted raw sugar)

## Method

In a wok or heavy pot, heat the oil over medium heat. Add the garlic and roast until brown. Add the fenugreek seeds and chili pepper and roast for 1 minute. Stir in onions and sauté until the ghee surfaces. Add pumpkin and salt, stir well, cover, and simmer over low heat until pumpkin is completely soft, about 40-45 mins. For a sour taste, add either mango powder, pomegranate seeds, or tomatoes. Stir in the jaggery and mix well. (For Kapha, uncover and cook, stirring constantly, for 5-10 minutes over medium heat to evaporate excess liquid.) Remove from the heat and allow flavors to blend.

Serve with Basmati Rice and/or Indian bread and a steamed green vegetable dish.

## To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal

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