

Concord Kadoo [African Braised Pumpkin]

Ingredients

One pound sugar pie pumpkin

9 oz vegetable broth

2 1/4 tablespoons olive oil

2 ea [10 oz]] tomatoes roughly chopped

3 cloves garlic minced

1 1/2 tablespoons sugar

3/4 teaspoon Curry powder

3/4 cup full fat or Greek yogurt

1/2 teaspoon garlic powder

Cut the pumpkin into quarters, remove the seeds, peel and cut in thin strips as shown in the photo.

Heat the vegetable broth in a large frying pan on medium-high heat, add the pumpkin. Keep a close eye on the pumpkin, stirring every few minutes so all pieces are exposed to heat. Add the turmeric, stir well, cover the pot with a lid or aluminum foil and allow the liquid to absorb and thicken. This will take around 10 minutes.

In a sauce pan heat the olive oil over medium-high heat. Add the tomatoes, garlic, and sugar. Stir well, turn the heat to medium-low and let it cook until the flavors infuse the oil and the tomatoes caramelize a bit, 7 to 10 minutes. Make sure it doesn't burn.

Pour the tomato mixture evenly over the pumpkin. Cover the top with a tight lid or aluminum foil and cook over low heat for 20 minutes or until the pumpkin is fully cooked and a fork can go through it.

Mix the yogurt and garlic powder in a bowl and stir for a minute or so until it's smooth and creamy. Portion the pumpkin onto serving plates and put a generous dollop of yogurt to top.

Nutrition Facts

Serving Size 210 g

Amount Per Serving

Calories 116

Calories from Fat 51

% Daily Value*

Total Fat 5.7g9%

Saturated Fat 0.9g5%

Cholesterol 0mg0%

Sodium 103mg4%

Total Carbohydrates 14.5g5%

Dietary Fiber 3.1g12%

Sugars 6.3g

Protein 3.6g

Vitamin A 260% • Vitamin C 14%

Calcium 3% • Iron 8%

Nutrition Grade A-

* Based on a 2000 calorie diet

Costing

One pound sugar pie pumpkin	.03/oz	.48
9oz vegetable broth	.04 /oz	.36
2 1/4 tablespoons olive oil	.14/0z	.17
2 ea [10 oz]] tomatoes roughly chopped	.05/oz	.50
3 cloves garlic minced	.05/oz	.08
1 1/2 tablespoons sugar	.50/lb	.01
3/4 teaspoon turmeric		.05
3/4 cup full fat or Greek yogurt	.15/oz	.90
1/2 teaspoon garlic powder		.05
Grand Total/ 6 portion		2.65
portion cost		.45