

# VEGETARIAN THAI PUMPKIN COCONUT CURRY

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## Prep Time

20 mins

## Cook Time

20 mins

## Total Time

40 mins

## Ingredients

- 1 tablespoon olive oil
- 1 onion , chopped
- 4 cloves garlic , minced
- 1 cup pumpkin puree , from the can or homemade
- 1 cup tomatoes , from the can
- 1 cup vegetable stock or water
- 1/4 cup coconut milk
- 15 oz black beans , from the can, rinsed and drained
- 7.5 oz garbanzo beans , from the can, rinsed and drained
- 2 tablespoons red curry paste (use less or more of the paste, depending on how spicy it is, and then add more, to taste)
- 3 tablespoons honey or, use agave nectar or maple syrup for vegan version
- salt and pepper
- 2 cups cooked quinoa



## Instructions

1. In a large pot or skillet, cook chopped onion and minced garlic in olive oil for about 5 minutes on medium heat until soft.
2. Add pumpkin, canned tomatoes (chop them up into smaller chunks), vegetable stock (or water), coconut milk, black beans, and garbanzo beans (both beans should be rinsed and drained). Add 1 tablespoon of red curry paste, stir everything well, and season with salt and pepper. Taste your curry, season with more salt if needed. Add another tablespoon of red curry paste, if desired. (Note: various brands of red curry paste have different degrees of spiciness. Be careful not to add too much of red curry paste if it is of a spicier variety).
3. I find it important that you start adding honey only after you've seasoned the curry with salt, because we're using honey here not to really sweeten the curry but to balance the flavors. Add 1 tablespoon of honey (after seasoning with salt), taste your curry. Add another tablespoon (or 2) of honey if it suits your taste.
4. Bring to boil, make sure to stir all ingredients well together to combine flavors and spices. Reduce to simmer and cook for 15 minutes on very low simmer.
5. Serve with quinoa, garnished with chopped green onion.

This is Julia's recipe. For full commentary including nutrition facts, go to <https://juliasalbum.com/vegetarian-pumpkin-curry/#wprm-recipe-container-15885>