

Squash Curry

Prep Time - 15 minutes

Cook Time - 30 minutes

Servings - 4

Ingredients

½ tablespoon olive oil
1 medium onion, chopped
1 bell pepper, julienned
½ tablespoon curry powder
¾ teaspoon ground turmeric
½ teaspoon smoked paprika
¼ teaspoon black pepper
¾ teaspoon pink Himalayan salt
(reserve until end)
3 garlic cloves, minced
2 tablespoons ginger, peeled and
minced



1 small chili or serrano pepper, stems
and seeds removed (optional)

½ cup tomato sauce

2 cups of cooked squash, skin and
seeds removed, pureed

1 cup of squash, chopped in 1-inch
pieces and roasted or boiled

1 cup of chopped broccoli or
cauliflower

1 cup of no sodium added vegetable
stock (or less depending on desired
consistency)

¾ cup canned coconut milk (no fat
added)

1 bunch of fresh kale (6-8 stems),
chopped



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COOKING FOR WELLNESS

Garnish

- 1 bunch of cilantro, chopped
- 1 lime, sliced into wedges

Instructions

1. Sauté the onions and bell peppers over medium heat for about 4-5 minutes or until slightly translucent.
2. Add the spices and cook for 1 minute.
3. Add garlic and ginger and sauté for one minute.
4. Add the squash puree, broth, and coconut milk. Stir to combine.
5. Bring the mixture to a boil and stir. Reduce the heat and cover. Cook for 20 minutes. Add the kale and roasted squash and simmer for at least 2 minutes or until desired consistency is reached.
6. Turn off the heat. Taste and adjust seasonings.

Chef's Tips:

Control the spice using varying heat levels of curry powder, crushed red pepper, or chili oil.

Add ½ cup of lentils, yellow split peas, or cooked chickpeas during step 3.

Use garam masala in place of curry powder. If using, add it last in blooming.

Bloom the spices first.

Reserve 4 tablespoons of coconut milk to swirl into each bowl before serving.

Use spinach instead of kale.

Meal Prep Tips:

Cut extra vegetables and freeze for next time.

Nutrition Information

242 calories, 32 g carb, 9 g sugar, 12 g fat, 7 g protein, 215 gm sodium, 7 g fiber

