

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Slow Cooker Vegan Pumpkin Curry



3 to 4 pound baking pumpkin  
1/2 medium white onion, chopped  
1 whole red pepper, chopped  
2 tablespoons red curry paste  
2 teaspoons turmeric  
2 teaspoons paprika  
1 teaspoons ground cumin  
2 cups water  
1 (14-ounce) can coconut milk  
Salt and pepper

Cooked basmati rice, to serve  
Chopped cilantro, to serve

Cut the pumpkin in half and scoop out the seeds. Cut the pumpkin into quarters or sixths and then use a paring knife or a very sharp and sturdy vegetable peeler to *carefully* peel the pumpkin. Cut it into roughly 1/2-inch cubes. (You should have about 2 pounds of cubes.)

Combine the pumpkin, chopped onions, chopped red peppers, spices, water, and coconut milk to a slow cooker. Cover it and cook the curry for 2 to 3 hours on low heat, until the pumpkin is tender.

If the curry is thinner than you'd like, you can scoop out 1 to 2 cups of the liquid and discard (or save for something else!). You can also blend half of the remaining curry in a blender or food processor until smooth, and stir it back into the curry to make a thicker curry. (Let the curry cool slightly before blending to avoid splatter burns.)

Season the curry with salt and pepper. Serve over cooked basmati rice and garnish with cilantro. *Serves 6*

### **Recipe Notes**

If you wanted to make a really good fall soup, blend up the entire batch of curry until smooth. It's great served smooth with a dollop of coconut cream.

Recipe shared from [www.thekitchn.com](http://www.thekitchn.com)