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 ½ tablespoons sugar
3/4 teaspoon Curry powder
3/4 cup full fat or Greek yogurt
½ 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 is 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Unit</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>One pound sugar pie pumpkin</td>
<td>0.03/oz</td>
<td>0.48</td>
</tr>
<tr>
<td>9oz vegetable broth</td>
<td>0.04/oz</td>
<td>0.36</td>
</tr>
<tr>
<td>2 1/4 tablespoons olive oil</td>
<td>0.14/oz</td>
<td>0.17</td>
</tr>
<tr>
<td>2 ea [10 oz] tomatoes roughly chopped</td>
<td>0.05/oz</td>
<td>0.50</td>
</tr>
<tr>
<td>3 cloves garlic minced</td>
<td>0.05/oz</td>
<td>0.08</td>
</tr>
<tr>
<td>1 1/2 tablespoons sugar</td>
<td>0.50/lb</td>
<td>0.01</td>
</tr>
<tr>
<td>3/4 teaspoon turmeric</td>
<td></td>
<td>0.05</td>
</tr>
<tr>
<td>3/4 cup full fat or Greek yogurt</td>
<td>0.15/oz</td>
<td>0.90</td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
<td></td>
<td>0.05</td>
</tr>
</tbody>
</table>

Grand Total/ 6 portion: 2.65

Portion cost: 0.45