

MEXICAN PUMPKIN STEW

Equipment

Measuring cups and spoons
Chopping board
Kitchen knife
Can opener
Large pot

Ingredients

3-4 cups of small chunk chopped raw pumpkin
1 cup vegetable stock
1 medium onion, thinly sliced
1 teaspoon minced garlic
1 cup tomato sauce
½ cup salsa
1 can corn kernels, drained
1 teaspoon chilli powder
½ teaspoon cumin
1 can red kidney beans
Salt and pepper to taste

How to make it:

- 1 Simmer the pumpkin in the vegetable stock until tender.
- 2 Add the remaining ingredients and simmer uncovered over a low heat for 30 minutes.
- 3 Season with salt and pepper.

