

Pumpkin Curry

This recipe will fill 2 small trays*

[Live. Life. Simple's: Freeze Drying Pumpkins to Make Pumpkin Curry](#)

Ingredients:

2 C cooked Chicken or Pork	½ C Vegetable Broth
2 C uncooked Rice or Chickpeas	2 C Pumpkin Puree
1 C Carrots chopped	½ tbsp Curry Powder
¾ C Bell Pepper chopped	¾ tsp Turmeric
1 Medium Onion chopped	1 tsp Cumin
1-2 tsp Ginger Powder or 2" of fresh	¾ tsp Salt
3 cloves minced Garlic	½ tsp Smoked Paprika
¾ C Coconut Milk	¼ tsp Pepper
½ C Passata or Tomato Sauce	Squeeze of lemon (optional)
	6-8 leaves of chopped kale



Directions:

1. Cook cubed or cut chicken or pork and set aside
2. Rinse and cook rice or chickpeas and chop carrots, bell pepper and onion
3. In a saucepan, add a small amount of broth and saute until softened
4. Then add ginger and garlic and cook for 2 more minutes
5. Then add coconut milk, passata (tomato sauce), vegetable broth, pumpkin puree
6. For the spices, add in curry powder, turmeric, cumin, salt, paprika and pepper. Stir well and simmer for 7-8 minutes until vegetables are soft
7. If adding chicken or pork, add this in while simmering or freeze dry separate and add into storage bag
8. After curry has simmered add in kale and cook until it wilts
9. Mix curry sauce into the cooked rice
10. Add mix to pre cut parchment paper lined freeze dryer trays and add the tray dividers in the 8 portion setting (each portion will be approximately ½ Cup).
11. Store Appropriately (See Storage Tips)

Cycle Time: 37 hours

Rehydration: ½ Cup of hot water to each single tray divider portion. Mix and allow 3-5 minutes to rehydrate



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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray