

WEEK 3

vegan pumpkin chili

Recipe type: main dishes

Prep time: 10 min

Total time: 30 min



ingredients

3 tbsp. olive oil
3 garlic cloves
1 large onion
1 carrot, diced
1 stalk celery, diced
1 sweet red pepper, diced
2 green chili peppers
1 cup fresh corn
500 g tomatoes, diced
400 g can black beans
500 g pumpkin, diced small
1 cup roasted tomato sauce or tomato sauce
1 tbsp. chili powder
1 tsp. cumin powder
½ tsp. oregano
Salt and pepper to taste
1 ½ cups water
Cilantro or green onions, for garnish

instructions

In a large pot, heat the olive oil. Sauté the onions until softened. Add the carrots, celery, green chili, red peppers and garlic. Sauté a few minutes.

Add the diced tomatoes. Stir to combine.

Add the remaining ingredients except cilantro and green onions. Reduce heat to low and simmer for 15 minutes or until the pumpkin is soft but not mushy.

Garnish with cilantro and green onions

hi goma friends!

Need more inspiration?

For this week's box - check out the 'pumpkin soup with apple and sage', the 'corn chowder with roasted corn kernels' or the 'classic Greek salad'.

You can find all our recipes at our WeChat platform



or at
gomagreens.com



The recipe is developed by Hanady Awada who is a blogger @ Recipe Nomad and Food File Contributor for Shanghai Family Magazine. For more inspiration scan the QR Code or go to recipenomad.com.



第3周

全素南瓜辣椒



菜品类型: 主食

准备时长: 10 分钟

总计时长: 30 分钟

食材

- 3 勺橄榄油
- 3 瓣大蒜头
- 1 颗大洋葱
- 1 根胡萝卜, 切块
- 1 根芹菜, 切块
- 1 颗红彩椒, 切块
- 2 根辣椒
- 250g 玉米粒
- 500g 番茄, 切块
- 400g 罐装黑豆
- 500g 南瓜, 切小块
- 250g 煮过的番茄酱或番茄酱
- 1 勺辣椒粉
- 1 小勺孜然粉
- 半勺牛至
- 椒盐佐味
- 400毫升水
- 香菜和葱花点缀

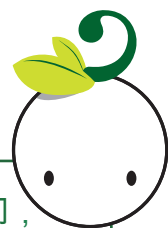
步骤

大锅加热橄榄油, 洋葱煮至酥烂。放入胡萝卜, 西芹, 辣椒, 红彩椒和大蒜头, 小火煮若干分钟。

放入番茄块, 混合搅拌。

除了香菜和香葱, 将其他食材放入锅中。调小火炖15分钟, 或炖至南瓜变软, 不要太糊。

撒上香菜和香葱作为点缀。



果玛的朋友们,
你们好!

需要更多烹饪灵感?

本周礼盒——请参阅“苹果鼠尾草南瓜汤”, “烤玉米粒浓汤”或“经典希腊色拉”。你可以在我们的公众微信平台



或者
gomagreens.com 查看我们最新动态。



该菜单由Hanady Awada 准备。Hanady Awada是一名博客写手@Recipe Nomad, 同时也是《上海家庭》美食专栏作家。欲知更多, 请登录recipenomad.com

