

Spicy Curry Butternut Squash Hummus and Aloo Matar

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-potato-recipe-aloo-matar>

Ingredients:

- 1/2 tablespoon coconut oil
- 1 sweet onion chopped
- 2 garlic cloves minced
- 1 tablespoon ginger fresh grated
- 1 bay leaf
- 1 pound potatoes chopped
- 2 cups frozen peas
- 2 cups chopped tomatoes
- 1 tablespoon tomato paste
- 1 1/2 teaspoons garam masala
- 1 teaspoon kosher salt
- 1/2 teaspoon sugar
- 1 teaspoon ground cumin
- 1 pinch chili pepper
- paprika
- 2 garlic cloves
- 1 cup butternut squash cooked
- 15 ounces chickpeas one can ,drained and rinsed
- 1/4 cup fresh lemon juice
- 2 tablespoons tahini
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 3 teaspoons curry powder 2- ,good-quality, to taste

Nutrition:

1. Calories: 810 calories

2. Carbohydrate: 150 grams
 3. Fat: 14 grams
 4. Fiber: 30 grams
 5. Protein: 31 grams
 6. SaturatedFat: 4 grams
 7. Sodium: 3300 milligrams
 8. Sugar: 27 grams
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