

# Lamb Curry with Pumpkin (Gosht)

Yield: 3 min  
Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-pumpkin-indian-recipe>

## Ingredients:

- 4 tablespoons vegetable oil
- 1 pound shoulder meat lean lamb, trimmed and cut &nbsp; into 1-inch cubes
- 1 cup yellow onion chopped
- 3 green cardamom pods or black
- 2 cassia leaves
- 1 tablespoon fresh ginger peeled and grated
- 2 teaspoons minced garlic
- 2 tablespoons ground coriander
- 1/2 teaspoon ground turmeric
- 1 cup tomato chopped
- 1 tablespoon tomato paste
- 2 cups chicken stock or water
- 1 1/2 teaspoons salt or to taste
- 1 pound pumpkin piece, or butternut squash, &nbsp; peeled, seeded and cut into 1-inch &nbsp; pieces
- 1 tablespoon garam masala see related recipe at left
- 1/4 cup chopped fresh cilantro

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 5 milligrams
4. Fat: 21 grams
5. Fiber: 11 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1460 milligrams

9. Sugar: 9 grams
  10. TransFat: 0.5 grams
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