

Indian Pumpkin Curry (Kaddu ka bharta)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-bharta-indian-recipe>

Ingredients:

- 600 grams pumpkin about 4 cups, peeled and cut pieces
- 1 tablespoon ghee or Oil
- 1 teaspoon cumin seeds Jeera
- 1 green chili pepper diced, optional
- 1/2 tablespoon ginger grated
- 1/2 tablespoon garlic minced
- 1 cup onion diced
- 1 cup tomato chopped
- 1/4 cup water
- 1/2 teaspoon Garam Masala
- 1 teaspoon mango powder Amchur or lime juice
- 1/2 teaspoon sugar or crushed jaggery, adjust to taste
- cilantro leaves unchecked?, to garnish, optional
- 1/4 teaspoon ground turmeric Haldi powder
- 2 teaspoons coriander powder Dhaniya powder
- 1/4 teaspoon red chili powder Mirchi powder adjust to taste
- 1 teaspoon salt adjust to taste

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 20 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 600 milligrams
7. Sugar: 5 grams

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