

# Butternut Squash Curry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/squash-leaves-recipe-indian>

## Ingredients:

- 2 tablespoons coconut oil
- 1 tablespoon cumin seeds
- 1 teaspoon coriander seeds
- 2 black cardamom pods
- 1 bay leaf
- 1 cinnamon stick
- 1 sweet onion Large, diced
- 1 clove garlic minced
- 1 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1 butternut squash Medium, about 1.5 to 2 pounds, peeled and diced, about 1/2 inch cubes
- 1/2 cup vegetable broth or water
- 1 red bell pepper sliced into small strips
- 1/4 cup coconut milk
- pepper
- salt
- cilantro leaves for garnishing, optional

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Fat: 11 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 9 grams
7. Sodium: 330 milligrams
8. Sugar: 8 grams

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