

Almond, Chickpea & Pumpkin Stew...

PREP & COOK: 35 mins

INGREDIENTS:

500grams Butternut Pumpkin, chopped into 2cm cubes
1 Leek, sliced
½ cup Tomato Sauce
1 tablespoon Tomato Paste
1 cup Water
425g can Chickpeas, drained
1 tablespoon Lemon Juice
2 teaspoons ground Cumin
½ cup slivered Almonds
½ tub plain low fat Yogurt (*optional*)

Cook Pumpkin and Leek in a large heated oiled pan, stirring until leek is soft.

Stir in Tomato Sauce, Tomato Paste, Water, drained Chickpeas, Lemon Juice and Cumin. Bring to boil then simmer, uncovered for about 20 minutes or until pumpkin is tender, stirring occasionally.

Stir in Almonds. Serve with Yogurt.

NOTE: This recipe can be frozen without the almonds and yoghurt.



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