

Spicy Squash and Tomato Curry

(from Jay Solomon's *The Global Vegetarian*)

This curry is full of antioxidants from the curry spices, the garlic and the lycopene in the tomatoes.

1 tbsp butter
1 medium red onion, diced
2 cloves garlic, minced
2 jalapeno or serrano pepper, seeded and minced
2 to 3 medium medium-sized ripe tomatoes, diced
2 tbsp dried parsley
1 tbsp Madras curry powder
1 ½ tsp ground cumin
½ tsp black pepper
½ tsp salt, or to taste
¼ tsp turmeric
4 cups peeled, diced Golden Hubbard (a.k.a. kuri), or Hubbard squash
2 cups water

In a large saucepan, melt the butter. Add the onion, garlic and chili pepper and saute for 4 minutes. Add the tomatoes and saute for 4 minutes. Stir in the seasonings and cook for 1 minute more. Add the squash and water and cook for 30 to 35 minutes over medium heat, stirring occasionally, until the squash is tender. Serve with rice or other cooked grains.

Makes 4 servings.

From the recipe library of Andrea Bartels, RNCP/ROHP