

MEXICAN-PUMPKIN- STEW

- 1 Wash the pumpkin thoroughly, cut it in half and remove the seeds. Then cut the pumpkin halves into small pieces.
- 2 Peel the onion, halve it and dice it.
- 3 Wash the apple and cut into apple quarters, dice one apple quarter.
- 4 Heat the oil in a pan and roast the pumpkin, apple and onion cubes.
- 5 Add tomato paste and spelled flour.
- 6 Deglaze with vegetable broth and tomatoes.
- 7 Let the pumpkin stew simmer on a low level for about 25 minutes.
- 8 Add kidney beans, corn and spices, garnish with a dollop of pumpkin seed oil and enjoy pumpkin stew.