



# Rustic Pumpkin Stew with Kale

⌚ Preparation time: 15 minutes  
Cooking time: 18 minutes  
**Total time: 33 minutes**

👤 Portions: 4

## Ingredients (serves 4)

- 1 small or half of a pumpkin (800 g/ 28 oz weight unpeeled weight with seed, peeled weight approx. 550-600 g/19.4-21 oz )
- 250 g (8.8 oz) potatoes
- 140 g (4.9 oz) onions
- 1 small clove of garlic
- 1 tbsp. olive oil
- 2 tbsp. tomato paste
- 50 ml (a dash) red wine (can be substituted by a bit more broth)
- 700 ml (2.9 cups) vegetable broth
- 2-3 dried bay leaves
- 80 g (2.8 oz) kale (weight without the hard stalk/ with stalk 130 g/4.5 oz)
- 1 pot Creme Vega (or plantbased yoghurt)
- 2 tsp. paprika powder
- 1 tsp cumin
- A bit of freshly grounded nutmeg
- Salt
- Chili flakes to your liking

Good to know: In this recipe I used a deliciously aromatic "Winter squash" (Calabaza) that is called "Muskatkürbis" in Germany. But you can also prepare the recipe with Butternut or Hokkaido pumpkin. As you will see, I peel the Calabaza squash. You can also cook it unpeeled, but the outer layer it is a bit hard and fibrous and doesn't boil as soft as Hokkaido (which I never peel!). Therefore I remove the skin in this recipe. I'll show you right away how to do this, because the skin can be cut off very quickly and easily with a sharp knife.

## Instructions (30 minutes)

1. Cut the pumpkin in half, remove the seeds and cut off the skin with a sharp, sturdy knife. It is best to quarter the pumpkin, place it on the worktop with the skin facing upwards and cut the skin wafer-thin with a sharp knife. This can be done effortlessly.
2. Dice the peeled nutmeg pumpkin. Wash the potatoes and dice them as well (no need to peel the potatoes here). Peel 140 g onions and a small clove of garlic and finely slice .
3. Heat the olive oil in a pan and sauté the onion and garlic cubes briefly. Add 2 tbsp. tomato paste and brown for 1 minute. Deglaze the ingredients with 50 ml red wine (or add vegetable broth directly), then add 600-700 ml vegetable broth and add the pumpkin and potato cubes. Add bay leaves and simmer for 15 minutes. Stir from time to time.
4. After cooking for 15 minutes, wash the kale, remove the leaves from the hard stalk, chop and add to the stew. Season the stew with 2 tsp. paprika powder, 1 tsp. cumin, a bit of nutmeg, salt and chili flakes. Cook the kale in the stew for about 5 more minutes. Add some more broth or water to get the desired consistency. Then stir 2-3 tablespoons of Cream Vega into the stew and season with salt.
5. Arrange the pumpkin stew in your favorite bowls, add a dash of Creme Vega and sprinkle with chili flakes to your liking.

So you can enjoy autumn from its most beautiful side. Enjoy it. Muscat pumpkin captivates not only by its wonderful deep orange colour, but also by its intense, slightly nutty pumpkin taste.