

Warm Pumpkin and Tomato Dip



Preparation time: 0 min

Difficulty: Easy

Ingredients

- POMI chopped tomatoes: 1 can
- POMI tomato puree: 1/2 cup
- crunchy vegetables: for serving
- extra virgin olive oil: 2 tablespoons
- fresh cilantro or parsley: to garnish
- garlic, minced: 2 cloves
- ground coriander: 1/2 teaspoon
- ground cumin: 1 teaspoon
- ground turmeric: 1/2 teaspoon
- low sodium chicken stock: 3/4 cup
- pumpkin puree, fresh or canned: 1/2 cup
- pumpkin seeds: to garnish
- red pepper flakes: 1 pinch
- salt & pepper, to taste: None
- shallots, chopped: 2

For this recipe we used:

Chopped Tomatoes 1 can



Preparation

This EASY dip is perfect for a night in or your next gathering with friends! It is great with the kids too!

Directions

1. In a saucepan over medium heat sauté the olive oil, garlic & shallots. Season with salt & pepper. Cook until the shallots begin to soften, about 5 minutes.
2. Add the cumin, coriander, turmeric & red pepper flakes.
3. Whisk in the chicken stock, chopped tomatoes, tomato puree & pumpkin puree. Season with salt & pepper.
4. Simmer over low heat for an hour, until the sauce has cooked down.
5. Serve warm with crunchy vegetables for dipping!