

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Nos.	Pumpkin, White-Green	about 5
1	Teaspoon	Pepper Powder	
1	Medium	Onion	
3 - 4	Medium	Chillies Green	cut.
1	Tablespoon	Ghee	or cooking oil
	As Required	Salt	for taste

Method

Cut the pumpkin in half. Remove the rind, pith and seeds. Leave the outer skin. Cut the cleaned pumpkin in pieces, and wash.

Peel the onion, and cut it in the middle, and remove the top and bottom parts. Slice the onion, in thin slices.

Remove the stems of the green chillies, and slit them in the middle, and if they are large, cut them into half.

On a lighted stove, keep a vessel filled with the water, and heat it. Add all the ingredients, and boil till the pumpkin is cooked. Taste, and add more salt if required.

When using water, see that it is not too much above the vegetables. It should be just enough to leave the vegetables cooked, with adequate gravy. Normally, 1 inch above the vegetables is good. If the water has evaporated and the pumpkin is not yet cooked, you can add some more hot water.

Good for people suffering from allergy to foods.