



## Braised Pumpkin

### Ingredients:

- 1 Tbsp vegetable oil
- 1 pint fresh pumpkin cubes
- 4 oz vegetable stock
- 1 Tbsp soy sauce
- 1 Tbsp apple juice
- ¾ cup onions, finely chopped
- 1/8 tsp white pepper
- salt to taste
- 4 green onions, sliced

### Directions:

- Sautée pumpkin in oil until lightly browned.
- Stir in stock, then soy sauce, apple juice, onions and finally white pepper.
- Bring to a boil.
- Reduce heat, cover and simmer for 10 – 12 minutes.
- Season with salt and pepper to taste.
- Garnish with minced green onions.

