

Stewed Pumpkin

This recipe is adapted from *Giving Thanks: Thanksgiving Recipes and History, from Pilgrims to Pumpkin Pie*. This recipe comes from John Josselyn, an early traveler to New England. Stewed pumpkin was common, everyday fare - a "standing dish" - particularly in the fall and winter.

4 cups	squash or pumpkin, cooked and mashed
4 T.	unsalted butter
2 T.	apple cider vinegar
1 to 2 T.	ground ginger (or any combination of nutmeg, cloves, cinnamon and/or pepper, to taste)
1 t.	salt

Place the squash, butter, vinegar, and spices in a saucepan over low heat. Stir and heat until all of the ingredients are well-combined and hot. Adjust the seasonings to your liking and serve.

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Shopping List

Stewed Pumpkin

Ingredients	Wieght or Volume	PLU #
pumpkin or squash	4 cups cooked	_____
unsalted butter	4 T.	_____
apple cider vinegar	2 T.	_____
ground ginger (or a combination of spices: nutmeg, cloves, cinnamon and/or pepper, to taste)	1 to 2 t.	_____ _____ _____
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