Ground turkey balls in pumpkin sauce

20 oz ground turkey

3 Tbs chopped onion

2 cloves of garlic chopped

1 inch ginger root chopped

2 tsp curry powder

1 tsp black pepper

½ cup cooked rice

About 1 to 1 ½ tsp Salt

2 Tbs coconut or olive oil

Mix all ingredients together except oil and make small meat balls. Heat oil in a frying pan on medium heat and brown the meat balls in oil turning them once. (After mixing cook one meat ball first and adjust the salt of the mixture according to your taste before making all the meat balls). Remove from pan.

Sause

¾ cup pureed pumpkin

¾ cup coconut milk

¾ cup water

Mix all 3 ingredients and set aside.

Then:

* In a pot heat 2 tbs coconut or olive oil.
* Add 2-3 Tbs chopped onion and 2-3 cloves of sliced garlic. Cook until soft.
* Add 2 tsp curry powder, ½ tsp chilli powder (optional) ½ tsp black pepper. Fry about I minute.
* Add meat balls. Mix and cover the pot and heat the mixture another couple of minutes.
* Add water just enough to cover the meat balls and cook until the meat balls are well cooked.
* Add sauce and simmer for few more minutes.

Additional step: (optional)

Heat 1 Tbs oil in a frying pan and add 1 tsp mustard seeds. When seeds are popping add about ¼ cup of thinly sliced onion and fry until golden brown. Add to the meat ball in sauce and mix.