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A large piece of pumpkin peeled and chopped into chunks. 3 potatoes, peeled and chopped into chunks. 2 diced brown onions. 3-4 cloves of garlic, minced. 1-2 teaspoons curry powder. 4-5cups of chicken stock. 2-3 tablespoons tomato paste. 2 tablespoons olive oil, butter or ghee. Cream or yogurt to serve.

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