**Margoog**

Prep time: 20 min Cook time: 45 min

**Ingredients:**

* 1 tbsp olive oil
* 1 onion, sliced
* 2 garlic cloves, minced
* 1 zucchini, chopped
* 1 carrot, chopped
* 1 tomato, chopped
* ½ cup bottle gourd or pumpkin (cubed)
* ½ tsp turmeric
* ½ tsp black pepper
* 1 tsp ground coriander
* Salt to taste
* 3 cups water or vegetable broth

**For dumplings:**

* ½ cup whole wheat flour
* Water to form dough

**Instructions:**

1. Make a soft dough with wheat flour and water. Roll thin and cut into squares. Set aside.
2. In a pot, heat oil. Sauté onions and garlic. Add spices and vegetables.
3. Add chopped tomatoes and cook until soft. Add broth or water and bring to boil.
4. Drop in the dough pieces and simmer for 20–25 minutes until dumplings are soft and stew thickens.