Tofu Veggie Curry

Recipe by Edible Garden Chef Shobha Swamy

Ingredients

1 box firm tofu, cubed
1 large onions, chunks
4 tomatoes
1 T ginger
1 T garlic
½ tsp turmeric
1 tsp cumin
1 tsp coriander powder
½ tsp red chili powder or paprika
1 tsp garam masala or curry powder
½ cup water
4 cups chopped vegetable of your choice like potato, carrots, green beans, bell peppers, cauliflower, or greens
Salt to taste
Cilantro, chopped, for garnish

Method

Press tofu to remove excess water and cut into cubes. In a large pan, saute onion with 1 tablespoon water and cook until soft. Add ginger and garlic and cook for 1-2 minutes. Add chopped tomatoes, turmeric, cumin, coriander powder, chili powder and salt. Cook until the tomatoes become soft and the mixture thickens. Cool and blend the mixture to make a smooth gravy, or curry sauce. Add ½ cup water and simmer for 5 more minutes. Add vegetables and cook for 10 minutes. Add the tofu cubes and mix gently. Cover and simmer for

another 5-7 minutes. Add garam masala and mix. Serve over brown rice garnished with cilantro.

4. To serve poke holes in the top of each cake with a fork then flip them out onto plates. Pour over the toffee sauce so it soaks in and pools on the plate as well. Garnish with orange zest, ice cream or whipped cream, if desired.