



Tofu Tikka Masala



Ingredients



- 2 15 oz. can crushed tomatoes
 - 1 medium onion, diced
 - 1 block 14-16 oz. extra-firm tofu, drained and cubed
 - 1 15 oz. can coconut milk (optional)
 - 6 cloves garlic, minced
 - 3 Tbsp. fresh ginger, minced
 - 2 Tbsp. vegetable or canola oil
 - 1 Tbsp. + 1 tsp. curry powder
 - 2 tsp. sugar
 - 1 tsp. salt, or to taste
 - 1 tsp. cumin
 - 1/4 tsp. cinnamon
- Yield: 6 servings
Serving Size: 1 cup



Directions



1. Cook onions on medium high heat with 1 Tbsp. oil in a medium sauce pan.
2. While onions cook, cook cubed tofu in frying pan with 1 Tbsp. oil. Flip cubes to brown all sides.
3. When onions begin to brown and caramelize, turn down heat and add ginger and garlic. Cook until they begin to brown but not burn.
4. Turn down to low and stir in curry powder, cumin, and cinnamon. Let cook for 2 minutes, stirring frequently.
5. Add crushed tomatoes and coconut milk (if using). Add tofu.
6. Bring to a boil, then lower to a simmer. Let mixture cook and thicken for 15-20 minutes. Stir occasionally.
7. Finish with salt, sugar, and any other adjustments necessary. Serve over brown rice or with potatoes or chapati.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Use ground ginger instead of fresh. Use 1/4 tsp. ground for every-one 1 Tbsp. fresh.
- Top with yogurt and cilantro.
- Add veggies, such as peppers and spinach, to this recipe. Add the veggies two minutes after the spices with 1/2 cup of water and cook until desired tenderness is achieved.
- Nutrition facts include coconut milk. Omitting coconut milk will reduce fat content.

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 8g	16%
Vitamin D 0.8mcg	4%
Calcium 390mg	30%
Iron 3.06mg	15%
Potassium 423mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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