

Curry Tofu



Makes Approx 9 Servings

Ingredients

2 lbs of firm tofu
2 cups snap peas
5 tbsp sunflower oil
1/2 cup diced onion
2 tsp curry powder
1/2 tsp tumeric
1/2 tsp mustard seed
1/2 tsp cumin powder
1/2 tsp garham masala
1/4 tsp cinnamon 1/8 tsp cayenne

For veggie topping:

1/2 sweet red bell pepper, diced
1/2 sweet yellow bell pepper, diced
3/4 cup carrot, grated or very finely chopped
1 tbsp sunflower oil
1 tsp curry powder

Additional topping:

2 cups chopped tomatoes

Directions

Preheat oven to 350 degrees. Then start by cutting your tofu into cubes. Place the cubes in a large bowl

Then add all the ingredients except for the tomatoes, peppers and carrots.

Mix well with your hands or carefully with a spoon so as not to break up the tofu cubes.

Spray a cookie sheet with non-stick spray and spread the tofu evenly. Bake at 350 degrees for 20 minutes.



In a small bowl mix together peppers, carrots, sunflower oil and curry powder.

After tofu has cooked for 20 minutes remove from oven and spread veggie topping over the tofu. Cook for 10 more minutes.

After 10 minutes, remove from oven and spread tomatoes over the tofu. Bake for 10 more minutes.

Serve on a bed of brown rice.

Adapted from Stir Well to Heaven recipe (Eden Alley Café).

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