

Tofu with Indian-Spiced Tomato Sauce



Makes approx. 4-5 servings

Ingredients

1 tbsp olive oil
2 onions, chopped
1/2 cup sweet pepper, diced (I used green because that's what I had)
1/2 cup carrots, diced
2 cloves garlic, minced
1 tbsp minced gingerroot
6 whole cloves
4 white or green cardamom pods
1 piece (2 inches) cinnamon stick
1 tsp caraway seeds
1/2 tsp cracked black peppercorns)
4 cups diced tomatoes
1 long green chile pepper, seeded and finely chopped
1/2 cup water

Tofu:

1/4 cup all purpose flour
1 1/2 tsp curry powder
1/2 tsp cumin
1/2 tsp garham masala
1/4 tsp cayenne pepper (optional)
1 lb firm tofu cut into cubes
1 tbsp olive oil



Directions

Cook onions in olive oil on medium heat for about 3 minutes. Then add garlic, ginger, cloves, cardamom, cinnamon stick, caraway seeds, and peppercorns. (To crack the peppercorns, place them in a baggie and hit them with a rolling pin.) Cook for about a minute.

Add tomatoes, carrots and water and bring to a boil.

Transfer to crockpot and stir in sweet pepper. I cooked mine on high for about 5 hours but my crockpot isn't very hot. Recipe calls for 3 hours on high or 6 hours on low so adjust accordingly.

When it is ready it should be hot and bubbly. Remove the cinnamon stick, cloves and cardamom and stir in the green chili pepper.

In a small bowl mix together the flour, curry powder, cumin, garham masala, and cayenne pepper. Then spread on a plate.

Roll the tofu in the flour mixture.

Fry in olive oil on medium until browned.

Pour tomato sauce in a bowl and place tofu on top. Serve with naan bread.

Adapted from Judith Finlayson's recipe in [The Vegetarian Slow Cooker](#).

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