



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Tofu Thai Curry

From Plant to Plate Cook book Diabetes Edition Tami Givens R.D.

INGREDIENTS:

- 3-6 cups cooked rice
- 1 (16 ounce) package extra firm tofu, drained and cut in 1/2 inch cubes
- 1/4 cup vegetable broth
- 1 (14 ounce) can coconut milk
- 1 medium onion, chopped
- 1/2 cup yellow or red bell pepper, julienned
- 1 tsp ground cumin
- 1/2 cup fresh or frozen peas
- 1 TBS garlic, pressed
- 8 fresh basil leaves, chopped (or 1/2 tsp dry basil)
- 1 TBS ginger, minced finely
- 1 tsp curry powder
- 1 1/2 tsp salt
- 1 (14.5 ounce) can diced tomatoes
- 1 cup potato, cut in 1/2 inch cubes
- 1/2 cup carrot, cut in 1/2 inch cubes
- 1 tsp jalapeño pepper, seeded and minced (or 1 tsp (or more) chili pepper paste*), to taste

DIRECTIONS:

- Cook the rice according to package directions.
- Preheat oven to 375°F to begin baking the tofu.
- Spray a baking sheet with oil. Lay the tofu cubes out evenly, spray with oil, then sprinkle with salt. Bake for about 20 minutes until golden brown.
- While the tofu is baking, prepare the curry. In a pot, sauté the onions and cumin over medium-high heat in vegetable broth until onions are transparent.
- Add ginger, garlic, curry powder, salt, and jalapeño pepper. Sauté for a couple of more minutes.
- Stir in coconut milk, diced tomatoes, potatoes, carrots, and bell pepper. Bring to a simmer for 10 minutes, making sure to stir occasionally.
- Add the baked tofu cubes peas and basil leaves and then cover and simmer for about 5 minutes until the vegetables are tender.
- Serve the tofu curry over brown rice and season to taste with hot chili sauce.



