

Coconut Curry Tofu

from Blue Zone blog

Perfect over rice, quinoa, or veggies—or on its own—this simple coconut curry tofu is quick and easy to make, filling, and the ideal weekday meal

Yield: 4 servings

Adapted from recipe by Chef Mike Whooley of the Vineyards Country Club

Ingredients

½ cup onion, diced
1-2 cloves garlic, minced
¼ cup red pepper, sliced
1 small potato, cubed (or sweet potatoes or a combination)
¼ cup carrots, shredded
¼ cup scallion, sliced
1½ cups light coconut milk
1½ tsp onion powder
1 tsp garlic powder
2 tsp curry powder
1 tsp fresh ginger, grated
Salt and pepper to taste
2 cups (18 oz) tofu, cubed
Sliced vegetables for garnish, optional



Directions

1. Sauté onions and garlic in water in pan over medium heat. Add pepper, potato, carrots and scallion; cook until tender.
2. Add coconut milk and bring to a simmer.
3. Add onion powder, curry powder, ginger, salt (if using), and pepper.
4. Add tofu. Lower heat and simmer for five minutes.
5. Finish with scallions and serve with brown rice.