

# Tomato Ochar

## Ingredients

2 - 3 TBSP Sunflower, Vegetable, or Canola Oil  
2 - 3 Cloves Garlic diced  
1/2 Onion diced  
1/2 tsp Ginger diced  
1 - 2 Thai Chili Peppers(base this on your spicy tolerance scale) diced  
4 - 5 Tomatoes diced  
2 cups dry Soya Chunks  
1 tsp Curry powder (could use meat or vegetable masala from an Indian food store)  
1/2 tsp Coriander powder  
1/4 tsp Cumin powder  
1/4 tsp Turmeric  
1 tsp Salt  
1/2 Cup Water

Soak Soya Chunks in water for 10 - 15 minutes

Chop Veggies

Heat Oil in pan on medium heat

Add Ginger, Garlic, Onion, and Chili peppers and Sautee

Drain Soya chunks

Add Soya Chunks to pan and sautee all together

Add Curry powder, Coriander powder, Cumin powder, Turmeric, and Salt

Add Tomatoes

Sautee all together until Tomatoes are soft and begin to turn into a sauce

Add Water and bring it to a boil

Cover, reduce heat, and let sit for 10 - 15 minutes

Soya chunks should be soft when it is finished