
Quick Curried Chickpeas & Tofu

Yours Truly

4-6 servings

Ingredients

- 4 cloves of garlic, minced
- 1 large sweet onion, minced
- ½ TBS + ½ tsp curry powder
- ½ cup of tomato sauce
- 1 cup of low-fat coconut milk
- ¼ cup of cashews, chopped (optional)
- ½ tsp sea salt
- 1 15oz can of chickpeas, rinsed & drained (1 ¾ cup cooked chickpeas)
- 1 12oz block of extra firm tofu, cut into blocks

Directions:

- Spray a saucepan with olive oil or other oil and turn on high heat.
- Once the pan is hot (hand feels warm when held above the pan), add the minced onion and garlic along with curry powder. Stir occasionally as it cooks for about 5 minutes, or until onion is somewhat translucent.
- Combine tomato sauce, coconut milk, and sea salt until well-mixed. If using cashews, you may choose to instead add all these ingredients to a blender and blend until smooth for an extra creamy texture. Otherwise, just add to the pot and the cashews will provide a little crunch.
- Add the chickpeas and tofu to the saucepan of onion and garlic.
- Add the sauce mixture to the saucepan and stir to combine all ingredients
- Turn heat down to low and let cook for 20 minutes or so.
- Serve hot alone or with cooked grains, cooked greens or other vegetable

Notes:

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