



Spinach, Ginger, Butternut, and Tofu Curry

INGREDIENTS

2-4 cups diced butternut

1 tablespoon oil

1 large onion—diced

2 cloves crushed garlic

1 tablespoon ginger flakes OR

2 tablespoons ginger paste

1 tablespoon ground cumin

1 tablespoon ground turmeric

1 tablespoon ground coriander

2—14 oz cans crushed tomatoes

2 tablespoons honey

1 teaspoon salt

16-20 ounces firm, FROZEN or BAKED tofu—
cubed

12 ounces frozen spinach

13.5 or 14 oz coconut milk

parsley (optional)

DIRECTIONS

1. Cut butternut into 1 inch cubes. No need to skin. Distribute on a sprayed oven tray, then lightly spray with oil.
2. Bake at 350° around 30 minutes until soft.
3. In a large pot, sauté the onion, garlic, ginger in oil until clear.
4. Add spices and mix well.
5. Add tomatoes to the pot and bring back to boil. Add honey, salt, tofu, and stir. Let simmer for several minutes to allow the flavors to mingle.
6. Remove the butternut from the oven and slide into pot. Mix all remaining ingredients carefully so not to damage tofu.
7. Garnish with parsley (optional).

ADAPTED FROM *Cook:30, Create Delicious Wholefood Plant-Based Meals From Scratch In Just 30-Minutes*, page 18, by Jeremy Dixon. www.cook30.com, copyright 2015

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