

Coconut Curry with Tofu and Lentils

2 poblano peppers, roasted in oven (450, -30 minutes)
1 can coconut milk

1 Tbs coconut oil or oil of choice
1 onion, chopped
2 carrots, chopped
2 stalk celery, diced
3 - 4 coins of ginger, sliced 1/4-inch thick
2 cloves garlic, minced (or 1/2 tsp garlic powder)
1-2 Tbs curry powder
2 tsp garam masala
1-2 tsp chili flakes (if desired)
1 Tbs salt
1 1/2 cups red lentils or chana dal
1 block firm or extra-firm tofu, dried and cut into small cubes
1 10-ounce can diced tomatoes and chilies, such as Rotel brand (accidentally omitted in class)
6 cups water

Juice of 1 lime

Roast the poblano peppers in a 450 degree oven for 30 minutes. Using a blender or food processor, puree the roasted poblanos with the coconut milk until smooth. Set aside.

In a large pot, combine the oil, onion, carrots, celery, and ginger, and sauté until fragrant and beginning to soften, about 3-5 minutes. Add the garlic, curry powder, garam masala, chili flakes, and salt, and sauté an additional minute. Add the lentils, tofu, tomatoes, water, and reserved poblano puree to the pot. Cook 15 minutes in pressure cooker pressure cooker (or 30-45 minutes on stovetop). Remove ginger pieces and stir in lime juice. Serve over rice.

Feel free to add any veggies in your fridge—they all go well with curry!

Tofu Tip! Remove your tofu from the water and freeze it for at least four hours. This will give a much chewier texture and it will absorb more flavor because it is more porous. If like a softer tofu texture, just skip this step. :)