

Broccoli Stir Fry

Ingredients:

- 1 cup rice of your choice (I like brown basmati)
- 1 TBSP lemon juice
- 1 1/2 TBSP ground cumin
- 2 tsp turmeric (plus 1/2 tsp for later)
- 14oz packages firm tofu
- 4 TBSP ghee or unsalted butter
- 1 yellow onions, diced
- ¼ tsp cayenne
- 2 TBSP grated ginger
- 2 garlic cloves, minced
- 1 14 oz can diced tomatoes including juice
- 1 cinnamon stick
- 1/2 tsp paprika
- 1 tsp salt
- 3/4 cups heavy cream or coconut milk
- 3 scallions, thinly sliced on the diagonal (optional garnish)
- 2 TBSP cilantro leaves (optional garnish)

Instructions

1. Make rice of your choice according to package instructions.
2. In large bowl, whisk lemon juice, cumin a 2 tsp turmeric with 2 tsp water. Drain and pat the tofu dry then cut into 1 inch cubes. Add to turmeric marinade, gently stirring to coat. Set aside.

3. Melt butter in large pot over medium heat. Add onions and cayenne. Cook until onions are translucent, about 5 minutes. Lower heat, add ginger and garlic and cook another 5 minutes.
4. Add tomatoes and their juices, gently crushing the tomatoes with back of spoon. Add cinnamon stick, paprika, sea salt and 1/2 tsp turmeric. Cook until tomatoes and onions break down about 10 minutes. Blend with an immersion blender or transfer to blender and puree until smooth. Return to pot.
5. Gently stir in the cream or coconut milk and tofu and its marinade. Simmer over low heat for about 5 minutes. Stir occasionally but gently so tofu doesn't fall apart.
6. Serve over rice of your choice and optionally sprinkle with scallions and cilantro.

The story behind this recipe. I used to love Butter Chicken but after becoming a vegetarian, it wasn't an option. The NY Times published a variation of this recipe and it is fantastic! I like to serve it with the roasted cauliflower recipe on my website and naan. Despite the length of the ingredients and instructions, this is a rather easy recipe.