

# LOW CAL QUICK CURRY

*Perfect with basmati rice or cauliflower rice*

## PREP TIME

Prep | 5 min

Cook | 5 min

## INGREDIENTS

5 oz baked tofu cubes or  
vegan chik'n strips  
1/3 cup peas,  
1/4 cups carrots  
1/4 cup okra  
1/3 cup edamame  
1/4 cup diced onions and  
bell peppers  
2 tbsp favorite curry powder  
or **recipe below**  
1/2 tsp sea salt & garlic  
powder  
1 cup plain unsweetened  
almond or cashew milk

## EASY CURRY BLEND

1-1/2 **tbsp** ground cumin, coriander  
1 **tbsp** ground turmeric  
1 -1/2 tsp ground ginger powder, dry  
mustard,  
1/2 tsp cardamom, ground cinnamon,  
dash of black pepper and cayenne  
pepper (optional)

## DIRECTIONS

Start by boiling your mixed veggies in salted water until  
tender.

This should take 5-7 minutes if using frozen veggies.

In a heated skillet sauté bell peppers, onions, and chick'n  
strips in 2-3 tbsp water, sea salt, garlic powder and other low  
sodium seasoning.

(You can use oil but factor in the calories from the oil.)

### For baked tofu cubes:

Drain and cut extra firm tofu.

Marinate in liquid aminos, garlic powder, and onion powder and  
bake on 400 degrees for about 15 minutes.

Once veggies and chik'n strips or tofu is complete, combine  
into one pot.

Add 1 cup plain cashew milk or almond milk and 2-3 tbsp of  
curry powder.

Stir slowly over medium heat then cover and let simmer for  
10-12 minutes to allow the flavors to develop.

Serve over cauliflower rice or enjoy a warm bowl of veggies  
chik'n curry all by itself.

**About 270 cals 19C/8F/30P**

