

Vegan Vegetable Curry

CHEF BERT BAKERING
SCHMIDT OCEAN INSTITUTE

Ingredients

- 5 tablespoons oil
- 1 medium onion, chopped
- 8 garlic cloves, peeled & chopped
- 2 teaspoons garam masala
- 2 teaspoons red curry powder
- 1/2 teaspoon chili powder
- 1 teaspoon ground ginger
- 4 fresh tomatoes, chopped
- 1/2 cup tomato paste
- 2 cans coconut milk (14 ounces each)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1.5 -2 cups each of your preferred vegetables: carrots, cauliflower, zucchini, broccoli, etc. - cut into bite sized pieces
- 1/2 - 1 full brick tofu, cubed (optional)



Directions

1. Heat large saucepan over medium-high heat; add oil and onion and cook until onions are tender
2. Add garlic, cook until fragrant (about 1 minute)
3. Add garam masala, curry powder, chili powder, and ginger; cook and stir for 1 minute
4. Add chopped tomatoes and cook until dry; add tomato paste and slowly simmer 1 minute
5. Whisk in coconut milk; cook 20 minutes. Add salt & pepper to taste
6. Using an immersion blender, carefully puree the mixture. Add vegetables (and tofu if using); gently stir to combine
7. Cover and cook on low for 20 minutes. Enjoy!

Notes

Feel free to use whatever combination of vegetables you like! Makes 6-8 servings

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