

Indian Tomato Curry (gluten-free, contains dairy)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-indian-potato-cauliflower-peas-tomato-cinnamon>

Ingredients:

- 5 tomatoes large, vine-ripe or heirloom if possible, chopped into large sections
- 1 white onion medium, diced into large sections
- 4 cloves garlic minced
- fresh ginger 1 tsp., minced
- 1/3 cup yogurt
- 13 cashews
- turmeric 1/2 tsp.
- vegetable oil
- chilli powder optional, to taste
- Garam Masala 1/4 tsp., optional
- salt
- 8 ounces white button mushrooms
- 19 ounces firm tofu
- paneer
- potato
- peas
- corn
- broccoli
- cauliflower
- bell peppers
- carrots

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams

4. Fat: 16 grams
5. Fiber: 10 grams
6. Protein: 27 grams
7. SaturatedFat: 2 grams
8. Sodium: 260 milligrams
9. Sugar: 11 grams

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