

Pressure Cooker Saag Tofu (Indian Spinach and Tofu)

Yield: 5 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-and-tofu-indian-recipe>

Ingredients:

- 1 pound extra firm tofu
- 5 tablespoons vegetable oil divided, I use avocado oil
- 1 yellow onion medium, diced
- 1 inch ginger piece, minced
- 3 cloves garlic minced
- 15 1/2 ounces diced tomatoes and their liquid
- 1/4 cup water
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 16 ounces frozen chopped spinach See Recipe Note
- 2 teaspoons Garam Masala
- 1/4 cup coconut milk
- cooked rice
- naan bread
- 75571 black rice
- 1 bowl tofu
- 20 vegetables
- 4320 spinach Easy Sautéed, 20.00 14.00 0.00 0.00 0.00 0.00 6.00 Spinach, Vegetables Gluten-Free, Vegan, Vegetarian
- 36410 potatoes
- 20 spinach
- 43947 farro
- 18 3/4 spinach
- 76936 pasta
- 18 3/4 spinach
- 76069 pasta
- 18 3/4 spinach