

Whole Food Plant Based Indian Butter Chicken

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/plant-based-indian-carrot-curry-recipe>

Ingredients:

- 16 ounces mushrooms roughly chopped
- 6 cloves garlic minced
- 1 can green chilis
- 1 ginger ? chunk
- 2 onions diced
- 16 ounces tomatoes chopped, no salt
- 1/2 cup cashews
- 1/2 cup soy milk
- 2 teaspoons Garam Masala
- 1 teaspoon turmeric
- 1/2 teaspoon chili powder
- 1 container extra firm tofu
- 1 cup water

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 32 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 13 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 45 milligrams
8. Sugar: 13 grams

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