

Vegan Slow Cooker Tofu Tikka Masala

Yield: 4 min
Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-crock-pot-recipe-indian>

Ingredients:

- 16 ounces tofu extra firm Nasoya, drained and ½ inch cubed
- 3 cloves garlic minced
- 1 white onion diced
- 1 red bell pepper cut into chunks
- 2 medium carrots sliced
- 1 1/2 cups gold potatoes diced, *, from about 2-3 medium gold potatoes
- 2 cups cauliflower florets
- 15 ounces tomato sauce
- 15 ounces lite coconut milk can also use full fat coconut milk
- 1/2 tablespoon pure maple syrup
- 1/2 tablespoon ginger freshly grated
- 1 tablespoon Garam Masala
- 1 1/2 teaspoons cumin
- 1 teaspoon coriander
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper plus more if you like things a little spicier
- 1/2 teaspoon salt
- freshly ground black pepper
- 3/4 cup frozen peas
- chopped cilantro Fresh, for garnishing, optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 35 grams

5. Fiber: 12 grams
 6. Protein: 19 grams
 7. SaturatedFat: 25 grams
 8. Sodium: 830 milligrams
 9. Sugar: 21 grams
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