



Makes 5 servings
Preparation Time: 45 minutes
Cook Time: 15 minutes

INGREDIENTS:

½ cup raw cashews

½ cup red, yellow, or white onion, diced

2 cloves garlic, finely chopped

1 teaspoon fresh ginger, finely chopped

2 tablespoons tomato paste

1 teaspoon turmeric

1 teaspoon cumin

1 teaspoon coriander

¾ teaspoon garam masala

½ teaspoon salt (or to taste)

½ teaspoon freshly ground black pepper (or more to taste)

¼ teaspoon red pepper flakes or Kashmiri chili powder (or more to taste)

¼ teaspoon cardamom

1 (15-ounce) can fire-roasted or plain diced tomatoes

⅓ cup loosely packed cup fresh cilantro leaves and stems, chopped

5 cups steamed or cooked vegetables (red bell peppers, broccoli, cauliflower, peas, kale, etc.)

5 cups cooked brown basmati or long-grain rice

Vegetable Tikka Masala

Curry sauces are incredibly versatile in plant-based home cooking. You can use them in a bowl with grains and vegetables, on baked potatoes, and with burgers or patties, or even pasta. Tikka masala is a creamy tomato sauce often made with heavy cream or yogurt. Here I use cashews and blend them with water for a smooth vegan cream that thickens once it's stirred into the wonderfully spiced tomato base. You can make it as mild or as spicy as you like. I often serve vegetables with this sauce on top of brown rice.

From [The Plant-Based Anti-Inflammatory Cookbook](#)

By Linda Tyler

- 1 Soak the cashews in water for 2 hours or pour boiling water over them, cover, let them soak for about 20 minutes, then drain them. Put the cashews in a blender with ¾ cup water. Blend on high for 30 seconds or longer, until the cashews are dissolved. Set aside cashew milk for later.
- 2 Water sauté the onion, garlic, and ginger in a large saucepan or skillet until the onion is tender and transparent, 8 to 10 minutes. Add in the next nine ingredients (through cardamom) and cook, stirring constantly, for about 4 minutes, until the mixture is fragrant. Add in the diced tomatoes, increase the heat, bring the mixture to a boil, then reduce the heat. Simmer with the lid ajar, stirring occasionally, for about 10 minutes, adding a little water if it gets too dry.
- 3 Add the cashew milk and cilantro to the sauce and simmer for 5 minutes, stirring often, until thick. Add water, if needed, and adjust seasonings after tasting. Blend the sauce until smooth, if desired. I prefer to let it cool a bit and then blend it in my high-speed blender so that it is very smooth.
- 4 Prepare the steamed or cooked vegetables to your liking, and stir them together with the warm curry sauce and serve with brown rice. The sauce keeps in the refrigerator for about a week. The sauce freezes well.