



Makes 4 cups curry + 3 cups rice
Preparation Time: 45 minutes

INGREDIENTS:

1 cup dry brown basmati rice

1 14-oz. package extra-firm tofu, drained

1 tablespoon cornstarch

1 tablespoon low-sodium vegetable broth or water

½ teaspoon sea salt, plus a pinch

1 pinch freshly ground black pepper

1½ cups chopped red bell pepper, carrot, zucchini, eggplant, broccoli, and/or sweet potato

1 cup finely chopped onion

3 cloves garlic, minced

1 1-inch piece fresh ginger, peeled and minced

2 tablespoons garam masala

1 teaspoon ground cumin

½ teaspoon ground turmeric

½ cup raw sunflower seed kernels or cashews, soaked in water overnight or boiled 10 minutes

1 28-oz. can no-salt-added crushed tomatoes

1 tablespoon pure maple syrup

1 cup frozen green peas

Handful fresh cilantro leaves

Carleigh Brodug's Any Vegetable Curry

“Whenever I get to the end of the week and have veggies to use up, this is the recipe I love to make,” says **Carleigh Bodrug** of *PlantYou*. “Chop up bell pepper, carrot, zucchini, or you name it, and simmer it all in this incredible, fragrant sauce. Serve over rice, and you’ve got a delicious **low-waste** dinner.” Bodrug also adds crispy baked tofu for extra staying power.

From *PlantYou Scrappy Cooking: 140+ Plant-Based Zero-Waste Recipes That Are Good for You, Your Wallet, and the Planet*

By Carleigh Bodrug

- 1 Prepare rice according to package directions.
- 2 Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat.
- 3 Tear the tofu into 1-inch chunks and place in a bowl. Add cornstarch, broth, and a pinch each of salt and black pepper. Toss to thoroughly coat tofu; spread tofu evenly on prepared baking sheet. Bake 15 to 20 minutes or until slightly crispy.
- 4 For curry, in a large skillet combine chopped vegetables, the onion, garlic, ginger, and 1 to 2 tablespoons water. Cook over medium 2 to 3 minutes or until onion is translucent, stirring occasionally. (Note: If using a heartier vegetable, such as sweet potato or squash, cook at least 5 to 10 minutes or until softened.) Add garam masala, cumin, turmeric, and ½ teaspoon salt to skillet; cook and stir 1 to 2 minutes more.
- 5 Meanwhile, in a blender combine sunflower seeds and ½ cup water; cover and blend into a smooth cream. Add sunflower cream, tomatoes, and maple syrup to skillet; stir to combine. Simmer, uncovered, 10 minutes.
- 6 Stir in tofu and peas; cook just until heated through. Serve curry over rice; garnish with cilantro leaves.