

## Tofu Vindaloo

Make a paste of:

3 garlic cloves

1 1/2 T fresh ginger

1/2 t cardamom

1/2 t coriander

1/2 t cumin, or curry

1/2 t dry mustard

1/2 t cayenne, if you like this

1/4 t cinnamon

1/4 t turmeric

1 T olive oil

Drain, dice and saute 1-16 oz package of tofu in 1 T olive oil, salt and pepper and set aside.

Saute 1 lg onion, and 1 lg carrot in 1 T olive oil. Add a small red bell pepper, seeded and diced and cook another 5 minutes. Add the seasoning paste. Stir in 14.5 oz can of diced tomatoes or a pint of frozen or canned tomatoes.. Add 1/2 cup frozen peas, thawed. Add the tofu and cook uncovered 10 minutes. Adjust the seasonings. Serves 4