Indian Spinach with Tofu

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 tablespoon olive oil

8 ounces extra firm tofu, cut into cubes

1 small onion, diced

1 tablespoon fresh ginger, minced

2 garlic cloves, minced

10 ounces frozen spinach

1 cup low-sodium vegetable broth

1 teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon garam masala

1 teaspoon sugar

¼ teaspoon salt

⅓ cup lite coconut milk

Directions

1. Heat a medium skillet over medium-high heat.

2. Add ½ tablespoon olive oil and heat until shimmering.

3. Add tofu cubes and cook for 10 minutes, flipping every couple minutes. Remove from pan and set aside.

4. Return the pan to medium heat and add the remaining ½ tablespoon oil.

5. Add the onion, ginger, garlic. Cook 5 minutes.

6. Add the spinach, broth, turmeric, cumin, garam masala, sugar and salt.

7. Bring to a simmer. Cook for 8-10 minutes.

8. Remove from heat and puree with a immersion blender or transfer to a standing blender. Add more water if too thick.

9. Return puree back to the pan if removed. Stir in coconut milk and tofu cubes.

10. Serve warm over rice or with naan bread if desired.

Recipe Notes

- If you do not have fresh ginger, substitute ½ teaspoon ground ginger.

- Substitute 8 ounces of fresh spinach for the frozen spinach if desired.