



Tempeh Tikka Masala

Servings: 6

- 1 1/3 pounds Tempeh, cubed and steamed
- 3/4 pound Onion, diced
- 1/2 tablespoon Garlic, minced
- 1/2 tablespoon Ginger, minced
- 1 tablespoon Garam Masala
- 1 tablespoon Cumin
- 1/2 tablespoon Turmeric
- 1/2 tablespoon Coriander, ground
- 1/2 tablespoon Paprika
- 1/2 tablespoon Salt
- 1/8 teaspoon Ground Chili Powder (or more to preference)
- 18 fluid ounces Tomato Puree
- 1 7/8 cups Coconut Milk
- 1 bunch Cilantro, minced

Sauté the onions, ginger, and garlic. Add the garlic last to prevent overcooking.

Add all the spices except the garam masala and sauté until fragrant (a few minutes). Then, add the tomato puree, water, coconut milk, and garam masala.

Dice the tempeh into 1" cubes (or smaller) and steam for 30 minutes until they are tender. You can also boil them for 10 minutes instead.

Add the tempeh to the sauce and simmer for up to an hour to combine the flavors. Add hot water, if necessary, to prevent the sauce from getting too thick.

Serve over rice. Garnish with cilantro. Enjoy!

Per Serving (excluding the rice and unknown items): 439 Calories; 26g Fat (49.7% calories from fat); 23g Protein; 36g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 956mg Sodium.
Exchanges: 1 Grain (Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 4 Fat.