

CURRY TOFU STEW

Ingredients

- 2 oz. butter
- 3 oz. – ½-inch diced onion
- ½ oz. minced ginger root
- ½ oz. minced garlic
- 1 cup carrots cut on bias
- ½ cup celery, peeled and cut on bias
- 1 ¼ oz. curry powder
- 1 ¼ oz. water
- 1 ¼ oz. buttermilk
- 1 ½ cup kidney beans, drained and rinsed
- ¾ cup frozen cut green beans
- ½ cup frozen peas
- ½ cup zucchini, cut on bias
- 2 tsp. fresh squeezed lime juice
- Kosher salt to taste

Preparation

- Melt butter over medium heat (do not brown).
- Add onions, garlic and ginger (about 2 minutes, do not brown).
- Add carrots, celery and curry powder, sauté about 20 seconds more.
- Deglaze pan with water then add buttermilk, simmer about two minutes.
- Add kidney beans, tofu, green beans and peas, simmer for about two minutes.
- Add zucchini and salt, simmer for another minute or two.
- Stir in lime juice

Optional

- Serve with Basmati rice
- Garnish with chopped cilantro and/or scallions