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PEA AND TOFU CURRY (Serves 4)
(Adapted from Madhu Gadia, *The Indian Vegan Kitchen*)

One 14 oz. package firm or extra firm tofu, ½ in. cubes
2 cups frozen green peas
3/4 cup onion, roughly chopped
1 tbsp fresh ginger, chopped, or 1/4 tsp ground ginger
2 cloves garlic
2 tsp jalapeño, chopped, or a dash of cayenne pepper
1/2 cup tomato sauce
1 tsp ground cumin
1 tbsp peanut butter (omit for oil-free or nut-free)
1 tbsp poppy seeds or sesame seeds
1/2 tsp turmeric
2 tsp ground coriander
1/2 cup vegetable broth
1½ cups water
2 tbsp plain, unsweetened nondairy milk
Salt and pepper if desired
Black pepper if desired
Cilantro for garnish if desired

Spread tofu cubes on clean towel. Roll towel gently and allow the tofu to sit while you prepare the other ingredients.

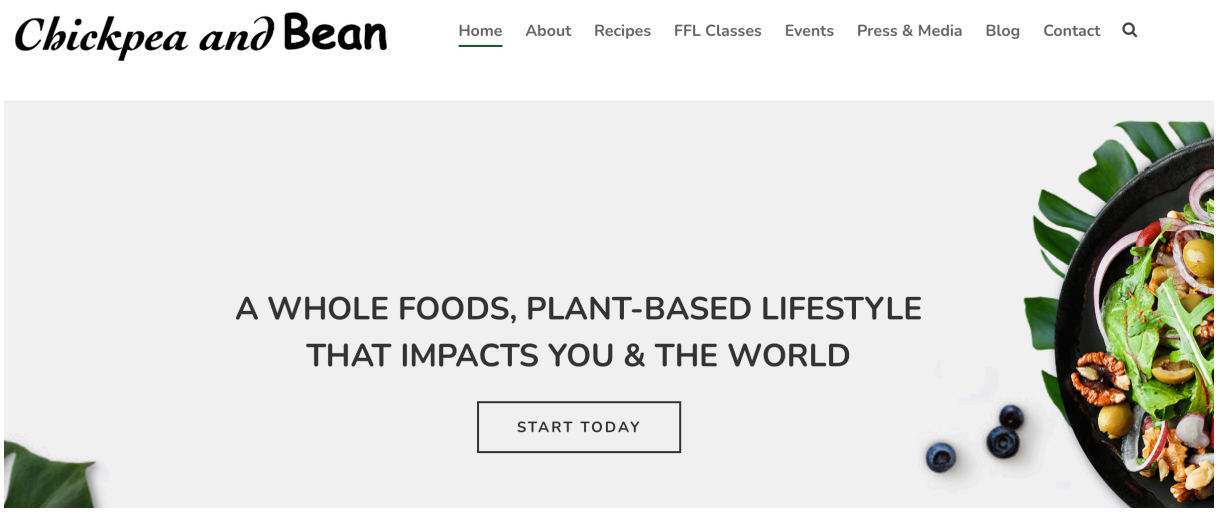
Place chopped onion, ginger, garlic, jalapeño, tomato sauce, cumin, peanut butter, poppy or sesame seeds, turmeric, and coriander in a blender or food processor. Blend until it becomes a paste.

Add 2 tbsp of vegetable broth to a large, nonstick pot. Add the tofu cubes and cook over medium heat until lightly browned. Add vegetable broth a spoonful at a time to prevent tofu from sticking and stir occasionally. This will take about 8 minutes. Put tofu cubes on a plate and set aside.

In the same pot, add 2 more spoonfuls of vegetable broth. Add onion mixture and cook over medium-low heat for about five minutes. Add more broth by the spoonful if necessary to stop mixture from sticking. Add 1½ cups of water to the pot and bring to a boil, then add peas and tofu cubes, bring to a boil again, reduce heat to low and simmer, uncovered, for 10 minutes.

Add 2 tbsp of nondairy milk and stir. If the curry is too thick, add a little water to thin it out. Add salt and pepper, and add cilantro garnish, if desired.

Chickpea and Bean is a whole-food plant-based website created by Kim and Marc Ramirez. They write: "Thanks for visiting our website! We are Kim (Chickpea) and Marc (Bean). On December 3, 2011 we began a plant based lifestyle. This change in eating cured Marc's type 2 diabetes, high cholesterol, high blood pressure, frequent heartburn, obesity, and psoriasis. We feel so thrilled with the results, we want to yell about it from a mountaintop to let other people know that adopting a whole food plant-based lifestyle might help them too. So, this website is our mountain, and we are yelling."



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