



Butternut Squash and Sweet Potato Curry

Makes 10-12 portions

Ingredients:

2 oz. Olive Oil
1 lb. Onion – medium dice
½ lb. Yellow Pepper – medium dice
½ lb. Red Pepper – medium dice
28 oz. can Diced Tomatoes
1 qt. Vegetable Broth
6 tsp. Madras Curry Seasoning
½ tsp. Kosher Salt
½ lb. Sweet Potato – medium dice
½ lb. Butternut Squash – medium dice

6 oz. Extra Firm Tofu – medium dice
3 cup Brown Rice – cooked
As needed Yogurt - plain
2 tbsp. Fresh Cilantro – rough chop

Directions:

Clean and cut all of the vegetables.

Heat the oil in a large pot, add the onions and peppers and sauté until tender

Add the diced tomatoes, vegetable broth and curry seasoning and salt – bring to a boil

Add the sweet potatoes and butternut squash – bring to a boil, reduce heat and simmer until all vegetables are tender.

Season with salt and pepper if needed

To Serve

Place the cooked brown rice in a bowl, top with the curry then top with the tofu, yogurt and cilantro