

Paleo Vegetable Tikka Masala

Recipe

The Ingredients:

- 1/4 cup of chopped tomatoes
- 1 can of organic plum tomatoes drained for the sauce
- Large yellow onion separated (1/2 goes in sauce in sauce, 1/2 is finely chopped)
- 2 cloves of crushed minced garlic
- 1 inch of peeled, minced ginger
- 1/4 cup chopped cilantro (plus more for topping dish)
- 3 large peeled and finely chopped organic carrots
- 1 cup of 1 cup of frozen peas (or more paleo compliant frozen broccoli riced through food processor)
- 1 cup of soaked raw cashews (1 hour)
- 2 tablespoons of coconut oil, divided
- 1/2 teaspoon of cumin
- 1/2 teaspoon of turmeric
- 1/4 teaspoon of ground cinnamon
- 1 teaspoon of paprika
- 1 teaspoon of sea salt
- 1 1/2 teaspoons of garam masala
- 1 (15 oz can) of full fat coconut cream or milk

Instructions:

- 1.) Wash, peel, chop vegetables. In a blender, combine half of the onion, garlic, ginger, cilantro and add the drained plum tomatoes, and 1 tablespoon of coconut oil. Blend till fully combined and creamy. Set aside.
- 2.) In a large skillet or non-stick pan, heat the remaining coconut oil over medium heat. Add the remaining finely chopped onion and spices, stir and cook gently till lightly browned. Try not to burn.
- 3.) Add to the skillet, the chopped tomatoes, the pureed mixture that was set aside, and 1/2 of the can of coconut cream or milk. Cook for an additional 5 minutes over medium heat, bring up to a rolling boil.
- 4.) Add in peas (or riced frozen broccoli) and carrots. Bring to a simmer. Simmer for 20 minutes. Once the veggies are tender, add in soaked cashews, and the remaining coconut cream/milk.
- 5.) Stir to combine and let cook for 5 more minutes, or until peas (frozen riced broccoli) are fully cooked and cashews softened.

Serve over riced cauliflower and top with cilantro and raw cashews.

Servings: 6

