 **Tofu Curry**

*Serves 6*

**Ingredients**

2 pounds firm tofu, cubed

1 medium sweet onion, chopped

1 medium red pepper, chopped

1 medium yellow pepper, chopped

3 cloves garlic, minced

2 inches fresh ginger, minced

2 cups frozen peas

1 tablespoon garam masala

3 tbsp yellow curry paste

1 teaspoon kosher salt

1 cup coconut milk

1 cup pureed pumpkin

2 cups vegetable stock

1 (6-oz) can tomato paste

**Directions**

1. Cube tofu into 1/2-inch cubes and add to slow cooker.
2. Add remaining ingredients to the slow cooker and stir together.
3. Cook curry on low heat for 5-6 hours, or on high heat for 3-4 hours.
4. Taste and adjust spices if desired. Serve over cauliflower rice!

**Nutrition**

*257 cals, 25g C, 18g P, 10g F*