


CROCKPOT TOFU RED CURRY
 4 portions

INGREDIENTS

- 1 tbsp of oil, canola (14 g)
- 1 (12-ounce) package extra-firm tofu, cut into 1/2-inch cubes and pressed to reduce excess water
- 3 cups baby carrots, halved lengthwise
- 2 cups peeled red or Yukon potatoes, chopped into bite-size pieces
- 2 medium yellow onions, diced
- 3 teaspoons minced garlic (6 cloves)
- 1 (1-inch) piece fresh ginger, peeled and minced
- 1 fl oz of beverages, water, bottled, PERRIER (30 g)
- 1 3/4 cups water
- 1 cup canned unsweetened coconut milk
- 1.5 tbsp of thai Kitchen Red Curry Paste (17 g)
- 1 vegetable bouillon cube
- 1/2 tsp of salt, table (3 g)
- 2 cups of brown rice-cooked (390 g)
- Fresh cilantro, for garnish

COOKING METHOD

1^o Equipment needed: 4-Qt Slow Cooker Cuisinart Knife Set Garlic Press Saute Pan

2^o Step 1 In a skillet over medium-high heat, heat the oil. Add the tofu and brown until the edges are crisp, about 5 minutes. Step 2 Combine the tofu, baby carrots, potatoes, onions, garlic, ginger, water, coconut milk, red curry paste, bouillon cube, and salt in a slow cooker; mix well. Step 3 Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours. Step 4 Serve over .50 cup rice and garnished with cilantro.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (558 g)	% DRI
ENERGY	80 kcal	448 kcal	22 %
FAT	3 g	19 g	29 %
FATTY ACIDS, TOTAL SATURATED	2 g	10 g	48 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	134 mg	747 mg	31 %
CARBOHYDRATE	10 g	56 g	19 %
SUGARS	2 g	10 g	—
FIBER	2 g	9 g	35 %
PROTEIN	3 g	17 g	—