



## GROUND TOFU KEEMA

By Dr. Cindy Tanzar

(Standard, Maintenance & Vegan/Vegetarian Plans)

If flavor is what you're looking for, Keema is your answer! Keema is a main Indian dish, traditionally made with meat, potatoes, peas, and a combination of fragrant spices. Using green beans makes it a great low-carb alternative. For variety, you can substitute other vegetables, as well. You can actually make this recipe with different proteins too, like ground turkey or chicken, tofu, diced chicken or lamb. This recipe makes 4 servings – divide equally. One serving covers your protein and 1 cup cooked vegetable per meal.



### INGREDIENTS

- 1-1/2 Tbsp curry powder
- 1 tsp. ground turmeric
- 1 tsp. ground cinnamon
- 1/4-1/2 tsp. cayenne pepper, to taste



1/4 tsp. ground ginger  
1 tsp. Pink Himalayan salt  
1/2 tsp. ground black pepper  
2 Tbsp avocado/coconut oil for vegan  
1 shallot or 1/4 of a small onion, diced  
2 packages organic extra firm tofu, cubed  
1 tsp. powdered garlic  
2-1/2 cups frozen green beans (See notes below)  
1-14 oz. can diced tomatoes

## INSTRUCTIONS

In a small bowl, combine the garlic, curry powder, turmeric, cinnamon, cayenne pepper, ginger, salt and pepper and set aside.

Melt the oil in a large skillet over medium heat. Add the Tofu, shallots or onions and sauté for 5 minutes. (Can use more oil, if needed.)

Add the spice mixture and stir, cooking for 1 minute.

Add the green beans and tomatoes and mix. Bring to a simmer, cover and cook for 18-20 minutes, or until green beans are tender.

NOTES: You can always add 1 cup frozen green beans and serve over 1/2 cup cauliflower rice.