Pumpkin Tofu Curry

PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVINGS: 4

INGREDIENTS:
- 1 Tbsp canola or vegetable oil
- 1/2 cup onion, chopped
- 2 tsp ground cumin
- 2 tsp curry powder
- 2 cups vegetable broth
- 1 (13.5 oz) can full-fat coconut milk
- 1 (15 oz) can pumpkin puree
- 14 oz extra firm tofu, pressed and cubed
- 1 cup chopped veggies (try bell peppers, carrots, broccoli or cauliflower)
- Salt and pepper, to taste
- Rice or naan (optional)

DIRECTIONS:
- Heat oil in a large pot over medium-high heat.
- Add onion and sauté until soft and translucent, about 3 minutes.
- Add cumin and curry powder and cook, stirring continuously, for 1 minute.
- Stir in vegetable broth, coconut milk, pumpkin puree, tofu, and veggies. Add salt and pepper to taste.
- Bring to a boil, then reduce heat and simmer for 15 minutes, until veggies are softened, stirring occasionally.
- Remove from heat and serve with rice or naan. Refrigerate leftovers and enjoy within 5 days.

RECIPE NOTES:
- You can sub chickpeas or another protein such as chicken in place of tofu.