

Tofu Tikka Masala



Traditionally served with chicken, we adapted to make this dish vegetarian!

Tikka masala is one of the most loved Indian dishes worldwide.

Introduce your students to this meal with the delicious flavors of curry powder, turmeric, cinnamon, and yogurt.

Served with pita pockets, kids will love this tasty lunch.

Ingredients for 50 servings: 25 servings:

- 1 #10 can tomatoes, diced, canned, low-sodium
 - 1.5 quarts tomato sauce
 - ¼ cup cumin, ground
 - ¼ cup curry powder
 - 2 Tb paprika
 - 2 Tb turmeric, ground
 - 1 Tb granulated onion
 - 1 Tb black pepper, ground
 - 1 tsp garlic, granulated
 - 1 ½ tsp salt, kosher
 - 1 tsp cinnamon, ground
 - 1 tsp cayenne pepper, ground
 - 6 ¼ pounds tofu, cubed
 - 1 quart yogurt, Greek
 - 50 each pita pocket, whole grain, 2 oz
- 1/2 #10 can Tomatoes, diced, canned, low-sodium
 - 3 cups Tomato sauce
 - 1/3 cup cumin, ground
 - 1/3 cup curry powder
 - 1 Tb paprika
 - 1 Tb turmeric, ground
 - ½ Tb granulated onion
 - ½ Tb black pepper, ground
 - ½ tsp garlic, granulated
 - ¾ tsp salt, kosher
 - ½ tsp cinnamon, ground
 - ½ tsp cayenne pepper, ground
 - 3 1/3 pounds tofu, cubed
 - 1 pint yogurt, Greek
 - 25 each pita pocket, whole grain, 2 oz

Directions:

1. Preheat convection oven to 350°F or conventional oven to 375°F.
2. Bring tomatoes and their juice, tomato sauce, and all the spices to a simmer in a large pan over medium heat.
3. Add cubed tofu and simmer for 15 minutes.
4. Remove from the heat.
5. Stir in yogurt until smooth.
6. Divide tofu filling between two 2-inch full hotel pans (for 50 portions).
7. Cover and bake until the internal temperature reaches 165°F, 30 to 45 minutes.
8. Serve with a pita pocket.