



## Recipes

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### Curry Sauce

Prep Time: 5 Minutes

Cooking Time: 35 Minutes

Serves 1

#### Ingredients:

- 2 Tbsp. Coconut Oil
- 2 cups Red Onion , small dice
- 6 cloves Garlic , chopped
- 3 Tbsp. plus 1 tsp. Vaudovan Curry Spice
- 56 oz. Diced Tomatoes , canned
- 1 cup Yogurt , plain

#### Directions:

1. Melt coconut oil in a large pan over medium-high heat. Add onion and garlic and sauté until the onions are soft. Add curry powder and cook an additional minute.
2. Stir in tomatoes and reduce until thick, about 25 minutes. Stir in the yogurt and reduce an additional 2-3 minutes.
3. Add half of the mixture to a blender and blend until smooth. Return to pan and reduce if sauce seems too thin. Reserve refrigerated.