

Keema Curry Stuffed Baked Potatoes



Baked potatoes are a great starting point for so many healthy and satisfying meals. Simply split open a hot, crispy spud, stuff it full of something savory and yummy, and dinner is done. But what makes for a great 'tater topper? Think beyond mere broccoli and cheese, with Longève Original Plant Based Protein Crumbles. Quick and easy to both prep and cook, Longève offers so many ways to pack in the protein while piling on the flavor. Try this Indian inspired curry on your next hot potato. It's rich, robust and oh, so flavorful. Feel free to swap out the Russet for a baked sweet potato or guild your liby (er, tuber) with a dollop of coconut yogurt or vegan sour cream.

4 small russet potatoes
1 1/2 cups Longève Original Crumbles
2 tablespoons vegetable oil
1/2 medium yellow onion, minced
2 cloves garlic, minced
1/2 inch fresh ginger root, peeled and minced
1 small green chile (like serrano), seeded and minced
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon turmeric
1/8 teaspoon cayenne pepper, or more, to taste
1/2 teaspoon sea salt
1 large tomato, diced
1/3 cup frozen green peas
1 1/2 teaspoons garam masala
1/4 cup cilantro leaves, chopped

Servings: 4
Preparation Time: 15 minutes
Cook Time: 1 hour 15 minutes
Preheat oven to 425 degrees .

Scrub potatoes, dry thoroughly and transfer to a baking pan. Bake in preheated oven for about 1 hour, or until completely tender. Remove from oven and let cool. A microwave may be used to speed up cooking time.

To make keema curry: Combine Longeve crumbles with 3/4 cup hot water and let stand to rehydrate.

Heat vegetable oil in a large, non-stick skillet over medium-high heat.

Add minced onion, garlic, ginger and chile and cook, stirring frequently, for about 5 minutes, until starting to turn golden brown.

Add cumin, coriander, turmeric, cayenne, salt and rehydrated Longeve crumbles. Stir together and continue to cook for about 2 minutes.

Add diced tomato and frozen green peas and cook for another 5 - 6 minutes, or until the tomato has softened completely.

Stir in the garam masala and chopped cilantro and remove from heat.

To serve: Carefully split and open each warm potato to create a pocket for stuffing. Spoon the warm keema curry into each potato.

Garnish with coconut yogurt, if desired.

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 307 Calories from Fat: 72

		% Daily Values*
Total Fat	8g	13%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	452mg	20%
Total Carbohydrates	45g	15%
Dietary Fiber	5g	20%
Protein	16g	
Vitamin A		10%
Vitamin C		22%
Calcium		4%
Iron		27%

*The Daily value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.