

Eggplant Stew

Recipe Type: Main Dish

Serves: 4

Prep Time: 15 minutes

Cooking Time: 20 minutes

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 3 T olive oil
- 1 large eggplant, diced
- 1 onion, sliced thin
- 4 garlic cloves, chopped
- 1 small dry bay leaf
- 1 zucchini, cut lengthwise
- 1 red or green bell pepper, cut lengthwise
- 2 large tomatoes, chopped
- ½ t salt
- 4 T dried basil
- 1 t ground black pepper
- ½ tsp onion powder
- ½ tsp garlic powder

What to do:

1. Wash your hands.
2. Heat the oil on medium heat in a large pan.
3. Add the eggplant, onion, garlic, and bay leaf. Cook for 10 minutes or until the eggplant is soft.
4. Add the zucchini, pepper, tomatoes, and salt. Cook for 5–7 minutes until the vegetables are tender.
5. Turn off the heat and add the basil, pepper, onion and garlic powder. Mix well.
6. Enjoy!

Note: You can serve with 3 pieces of bread or ½ C of cooked pasta.



This is a picture of 1 serving.

Nutrition Facts

4 servings per container
Serving size 1 1/2 Cups (391g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 29g 11%

Dietary Fiber 9g 32%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 142mg 10%

Iron 5mg 30%

Potassium 795mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 3.5