



Recipes

Other Vegetables

Stewed Eggplant

Prep Time: 5 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried basil
- 1 eggplant, chopped into bite-size pieces
- 1 can chopped tomatoes
- Sea salt and pepper to taste

Directions:

1. In a deep pot heat olive oil.
2. Add onion, garlic and basil and sauté for 3 minutes.
3. Add the eggplant and sauté for another 5 minutes.
4. Add tomatoes, sea salt and pepper to taste.
5. Cover and cook for 20 minutes.