

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
- 1 t salt
- 4 T dried basil
- ¼ t ground black pepper

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 and pepper. Mix well.

Note: You can serve with 3 pieces of bread or 1/2 a cup of cooked pasta.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 1/2 C

Amount Per Serving

Calories 190 **Calories from Fat** 100

%Daily Value*

Total Fat 11 g **17%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 300 mg **13%**

Total Carbohydrate 21 g **7%**

Dietary Fiber 7 g **28%**

Sugars 10 g

Protein 4 g

Vitamin C 100%

Vitamin A 20%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 4.2

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