

# Chicken and Eggplant Stew

Yield: 5 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/angelica-kitchen-southern-style-cornbread-recipe>

## Ingredients:

- 3 eggplants large, about 1.2 kg
- 750 grams boneless and skinless chicken breast cut into 2 inches pieces
- 1 onion medium, finely chopped
- 1 cup crushed tomatoes
- 2 medium tomatoes sliced
- vegetable oil
- 1 teaspoon turmeric powder
- 3 tablespoons lemon juice or more, depends on your taste
- 1/4 teaspoon angelica ground, also known as Golpar
- 1/8 teaspoon saffron ground
- salt
- pepper

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 95 milligrams
4. Fat: 9 grams
5. Fiber: 12 grams
6. Protein: 37 grams
7. SaturatedFat: 2 grams
8. Sodium: 400 milligrams
9. Sugar: 9 grams

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