

Spicy Vegan Chinese Eggplant

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggplant-potato-onion-recipe>

Ingredients:

- 1 pound Chinese eggplants thin, cut into small strips
- 1 onion finely chopped
- 3 tablespoons vegetable oil I used coconut oil, divided
- 3 garlic cloves minced
- 2 tablespoons ginger freshly grated
- 2 teaspoons sesame seeds
- 1/2 cup tomato sauce
- 3 tablespoons coconut palm sugar or regular brown if you don't care about the paleo thing
- 1 tablespoon Sriracha make your own Sriracha with this recipe
- 2 tablespoons sambal oelek or other chili garlic sauce
- 3 tablespoons soy sauce or coconut aminos
- 2 tablespoons rice vinegar
- 1/2 cup water
- fine-grain salt
- scallions optional
- thai basil optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 25 grams
3. Fat: 12 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 1070 milligrams
8. Sugar: 14 grams

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