

# Sichuan-Style Braised Eggplant

Yield: 5 min  
Total Time: 85 min

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

## Ingredients:

- 1 1/2 pounds asian eggplant
- 1 tablespoon salt
- 3 tablespoons canola oil plus more as needed
- 3/4 cup chicken stock
- 1 tablespoon chili bean paste
- 1 tablespoon black vinegar
- 1 tablespoon dark soy sauce
- 1 1/2 teaspoons light soy sauce
- 1 teaspoon tomato paste
- 1 teaspoon sesame oil Asian
- 1/2 teaspoon sugar
- 1/2 teaspoon cornstarch
- 2 garlic cloves minced
- 1 tablespoon fresh ginger peeled and minced
- 1/4 cup celery minced
- 1 teaspoon prepared horseradish or grated
- 1/4 pound ground pork
- 2 green onions thinly sliced on the diagonal

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1790 milligrams
9. Sugar: 5 grams

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