

# Instant Pot Aloo Baingan (Potato & Eggplant Curry)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-and-sweet-potato-indian-recipe>

## Ingredients:

- 1 tablespoon ghee or Oil
- 1 teaspoon cumin seeds Jeera
- 1 green chili pepper optional
- 1 cup onion diced
- 1/2 tablespoon ginger grated
- 1/2 tablespoon garlic minced
- 2 tomato about 1.5 cup
- 2 potatoes medium, peeled and cut into 1" cubes
- 10 baby eggplant or 1 large eggplant, cut into 1.5 inch pieces, washed and cleaned
- 3 tablespoons water
- 1/2 teaspoon Garam Masala
- 1 tablespoon lime juice
- cilantro to garnish, optional
- 1/2 teaspoon ground turmeric Haldi powder
- 2 teaspoons coriander powder Dhaniya powder
- 1/2 teaspoon Kashmiri red chili powder optional, adjust to taste
- 1 teaspoon salt adjust to taste

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 49 grams
3. Fat: 3 grams
4. Fiber: 16 grams
5. Protein: 8 grams
6. Sodium: 620 milligrams
7. Sugar: 13 grams

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