

Vegan Dahi Baingan (Indian Eggplant in Yogurt Sauce)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/filled-aubergine-indian-recipe>

Ingredients:

- 1 pound eggplants brinjals or aubergines. Try and use Indian, Japanese or Chinese varieties, but Italian eggplant will do at a pinch...
- 1 tablespoon vegetable oil divided
- 1 teaspoon cumin seeds
- 1 medium onion finely diced
- 4 tablespoons cilantro chopped, divided
- 2 medium tomatoes finely diced
- 1 teaspoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon cayenne
- 1/2 teaspoon turmeric
- 1/2 teaspoon amchur optional
- 1 teaspoon paprika optional
- 1 cup vegan yogurt
- 1 tablespoon Garam Masala
- 1 tablespoon kasoori methi crushed in your palms before adding
- salt
- ground black pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 27 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. Sodium: 230 milligrams
7. Sugar: 6 grams

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