

Vegan Makloubeh

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/makloubeh-eggplant-recipe-lebanese>

Ingredients:

- 1 eggplant large, sliced lengthwise into 0.5 cm slices and tossed in ½-1 tsp salt
- 1 head cauliflower cut into florets
- 2 carrots cut lengthwise into medium slices
- 2 medium potatoes sliced into medium slices
- 2 tomatoes large, sliced into thick slices
- 5 garlic cloves smashed, but not peeled
- 1 small red onion sliced
- 1 cup brown rice soaked overnight or for at least 4 hours
- 4 tablespoons olive oil or vegetable oil of choice
- 2 cups vegetable stock
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon turmeric powder each of, cumin powder, and cinnamon
- sea salt
- black pepper

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 83 grams
3. Fat: 15 grams
4. Fiber: 14 grams
5. Protein: 12 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 750 milligrams
8. Sugar: 13 grams

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