

Greek-Style Braised Eggplant

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-chickpea-eggplant-recipe>

Ingredients:

- 1 1/2 pounds eggplant cut into cubes
- salt
- 1 yellow onion large, chopped
- 1 green bell pepper stem and innards removed, diced
- 1 carrot chopped
- 6 large garlic cloves minced
- 2 bay leaves
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon ground coriander organic
- 1 teaspoon oregano
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric organic
- 1/2 teaspoon black pepper
- 28 ounces tomato chopped
- 30 ounces chickpeas reserve the canning liquid
- fresh herbs optional
- mint optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 77 grams
3. Fat: 2.5 grams
4. Fiber: 19 grams
5. Protein: 16 grams
6. Sodium: 860 milligrams
7. Sugar: 14 grams

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