

# Khoresht Bademjan - Persian Eggplant Stew

Yield: 4 min  
Total Time: 300 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-style-chicken-recipe>

## Ingredients:

- 2 pounds chuck roast Cut into cubes
- 1 cup chicken or Beef Broth
- 3 tablespoons butter
- 1 diced onion
- 2 tablespoons crushed garlic
- 1 can peeled tomatoes Crushed
- 2 tablespoons tomato paste
- 5 eggplants Korean, or regular eggplants, peeled & sliced length wise
- 2 teaspoons salt
- 4 tablespoons olive oil
- 1 teaspoon turmeric
- 2 teaspoons cumin
- 1 teaspoon cinnamon
- 3 limes Dried Persian

## Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 210 milligrams
4. Fat: 65 grams
5. Fiber: 25 grams
6. Protein: 64 grams
7. SaturatedFat: 24 grams
8. Sodium: 1510 milligrams
9. Sugar: 19 grams

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