

Zucchini & Eggplant Stew

Yield: 7 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lamb-and-eggplant-stew-recipe>

Ingredients:

- 1 zucchini large, chopped
- 1 onion sliced
- 1 eggplant large, chopped
- 2 cans diced tomatoes
- 1 can tomato paste
- 2 cans chicken broth
- 1 teaspoon Sriracha
- 2 tablespoons basil
- 1 tablespoon oregano
- 1 tablespoon parsley
- 1/2 tablespoon black pepper
- 1 teaspoon salt
- mozzarella cheese for garnish, optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 14 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 510 milligrams
7. Sugar: 7 grams

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