

# Vegan Bali Garden Stew

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-swiss-chard-and-eggplant>

## Ingredients:

- 1/4 cup coconut oil
- 2 cayenne chilies or something similar, seeded + minced
- 1 onion medium, chopped
- 4 cloves garlic minced
- 4 teaspoons tamari soy sauce
- 4 cups water
- 3 carrots medium, peeled + thinly sliced
- 2 tomatoes medium, or 4 small!, diced
- 1 eggplant small, chopped
- 2 corn cobs of, 1 1/3 cups
- 1 1/3 cups green beans sliced
- 1 cup raw cashews
- 4 shallots thinly sliced
- 4 cups Swiss chard chopped, including stems
- pepper
- salt

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 59 grams
3. Fat: 27 grams
4. Fiber: 14 grams
5. Protein: 15 grams
6. SaturatedFat: 12 grams
7. Sodium: 550 milligrams
8. Sugar: 12 grams

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