

# Eggplant & Black Eyed Pea Curry

Yield: 7 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-recipe-of-india-brinjal-curry-south-indian>

## Ingredients:

- 1 tablespoon olive oil
- 1 onion large, diced medium
- 3 cloves garlic minced
- 1 tablespoon fresh ginger minced
- 1 1/2 pounds eggplant peeled and cut into 3/4 inch chunks
- 1 1/2 tablespoons curry powder mild, more to taste
- 1/2 teaspoon fennel seed ground, or chopped fennel seed
- 1 teaspoon salt
- black pepper fresh
- 1/4 teaspoon cayenne powder, leave out if you don't like spicy, increase if you do
- 1/2 cup red lentils
- 1/2 cup brown lentils
- 1/2 cup fresh cilantro lightly packed, chopped, extra for garnish
- 5 cups vegetable broth
- 3 cups black-eyed peas cooked, rinsed and drained, about 2 16 oz cans
- 2 tablespoons fresh lemon juice
- 2 tablespoons tomato paste

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 51 grams
3. Fat: 3 grams
4. Fiber: 13 grams
5. Protein: 18 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1060 milligrams
8. Sugar: 6 grams

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