

Traditional Bulgarian Clay Pot Gyuvech

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-clay-pot-eggplant-recipe>

Ingredients:

- 2 pounds beef or use, or lamb
- 5 1/2 ounces onions
- 2 heads garlic
- 17 1/2 ounces eggplants
- 5 1/2 ounces tomatoes
- 5 1/2 ounces peppers
- 2/3 cup oil
- 2 pounds potatoes
- 10 1/2 ounces zucchini
- 10 1/2 ounces okra
- 1 1/4 cups peas
- 1 1/4 cups green beans
- 2 chili peppers
- 1 teaspoon paprika
- 3/8 cup wine
- 1 bunch parsley
- salt
- black pepper

Nutrition:

1. Calories: 1270 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 160 milligrams
4. Fat: 74 grams
5. Fiber: 27 grams
6. Protein: 62 grams
7. SaturatedFat: 17 grams

8. Sodium: 500 milligrams
 9. Sugar: 15 grams
 10. TransFat: 2.5 grams
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