

Curried Eggplant with Tomato and Basil

and Basil

Ingredients: Serves 4

- 1 cup dried brown rice
- 1 Tbsp olive oil
- 1 onion, chopped
- 2 pints cherry tomatoes, halved
- 1 eggplant, cut into 1/2 inch pieces
- 1 & 1/2 tsp curry powder
- 1 15oz can chickpeas, rinsed
- 1/2 cup fresh basil, chopped
- Salt and pepper to taste
- 1/4 cup plain low-fat yogurt (optional)

Directions:

- 1) Prepare rice according to package directions and set aside.
- 2) Heat oil in a saucepan over medium-high heat. Add onions and cook until softened, stirring occasionally. About 4-6 minutes.
- 3) Stir in tomatoes, eggplant, curry powder, 1 tsp salt, and 1/2 tsp black pepper. Cook while stirring occasionally, about 2 minutes.
- 4) Add 2 cups water and bring to a boil. Reduce heat and simmer partially covered until eggplant is tender, about 12-15 minutes.
- 5) Stir in chickpeas and cook 3 minutes.
- 6) Remove vegetables from heat and stir in basil.
- 6) Serve hot over the rice. Garnish with yogurt on top if using.

The
Farm

Saint Joseph Mercy Health System

For more recipes, visit
<https://stjoefarm.wordpress.com>

Recipe Adapted From:
<https://www.realsimple.com/food-recipes/browse-all-recipes/curried-eggplant-tomatoes-basil>

