Eggplant Chili

Ingredients:
Makes: 6 servings, 1 cup per serving

- 1 cup of fresh eggplant cut into cubes
- 1 can of beans
- 1 can of diced tomatoes
  OR 2 fresh medium diced tomatoes
- ½ cup chopped onions
- 4 oz can of diced green chilies (optional)
- 2 tsp of paprika
- 2 tsp of chili powder
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp olive oil
- 1 cup of water
- Dash of Chile flakes

Method:
1. In a saucepan, sauté onions in olive oil for 5 minutes.
2. Add eggplant, tomatoes, beans, green chilies, spices and water.
4. For extra spice, top with Chile flakes. Enjoy!

Tips on Eggplant
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How To Store:
Wrap in plastic wrap for 5-7 days, blanch and freeze for 3-4 months

How To Use:
Stir fry, sandwiches, dips, cutlets, baked, mash, and curries

Health Benefits:
Urinary tract health, memory function, promotes healthy aging.

Nutrition Facts
6 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 110</td>
</tr>
<tr>
<td></td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat 1g</td>
<td>12%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 230mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate 20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 7g</td>
<td>25%</td>
</tr>
<tr>
<td>Total Sugars 3g</td>
<td>0%</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Sugar Alcohol 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein 6g</td>
<td>12%</td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Photo Credit: http://scibosnian.com/recipe/black-bean-chili/
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