

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

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



Method:

1. In a saucepan, sauté onions in olive oil for 5 minutes.
2. Add eggplant, tomatoes, beans, green chilies, spices and water.
3. Simmer for 10-15 minutes.
4. For extra spice, top with Chile flakes. Enjoy!

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 482mg	10%

*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.

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.

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