

Recipe – Eggplant and Chickpea Curry Stew

Ingredients:

- 2 large eggplants or several smaller ones, cubed and roasted or pan sautéed
- Olive oil to coat bottom of large pot
- 1 large onion, diced
- 5 cloves garlic, minced
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp turmeric
- 1 tsp cardamom
- 1 tsp ginger, powdered
- 2" piece fresh ginger grated
- 3 medium or small zucchinis, cubed
- 2 red peppers, chopped
- 1 small hot pepper, diced
- 1 large 28 oz. can chickpeas, drained and rinsed
- 1 large, 28 oz. can diced or chopped tomatoes
- ¼ cup Dulse flakes (seaweed) optional
- 1 large bunch Swiss chard, rolled and sliced into ribbons or chopped
- sea salt and pepper to taste

Directions:

Cut eggplants into 1" cubes, coat with olive oil and either roast for 30 minutes in a 400 degree oven or pan sauté till soft

Coat bottom of large pot with generous amount of olive oil

Sautee onion and garlic till translucent and soft

Mix curry spices cumin, coriander, turmeric, cardamom and ginger in a small bowl

Add 2 TBS water to make a thick paste

Add spices to the onion and garlic and cook till you smell the aroma... a few minutes

Add fresh ginger, zucchini, red peppers, hot pepper and cook till soft

Add chickpeas and canned tomatoes, add Dulse flakes if desired

Mix well and cook for 15 t 20 minutes till all vegetables are soft and tender

Add Swiss chard

Stir well, cook for 5 more minutes

Adjust spices with salt and pepper to taste and serve

Serves 8