

Eggplant and Chickpea Stew

Time 30 minutes

Based on a recipe by Marie Claire

Ingredients (4 servings)

4-6 tbsp olive oil
2 small or 1 large red onion, diced
2 garlic cloves, finely chopped
2 tea ground cumin
1 tea paprika
1 red pepper, cut into 1 cm cubes
2 zucchini, sliced
1 eggplant, cut into 1 cm cubes
4 roma tomatoes, cut into 1 cm cubes
125 ml (.5 cups) red wine vinegar (or red wine if you have it)
400 g (14 oz) tin chickpeas, drained and rinsed
1 handful of kale, chopped



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Heat a heavy-based saucepan over medium heat, add 2 tbsp of olive oil, the red onion, garlic, cumin, and paprika. Cook for 1 minute, then add the pepper and zucchini. Cook for a few minutes until the vegetables are just soft and the zucchini is golden. Remove vegetables with a slotted spoon and set aside.
2. Add 2 tbsp of the oil, when hot, add the eggplant. Season with salt and pepper and cook, stirring occasionally, until the eggplant turns golden brown, adding more oil if necessary.
3. Add the tomato, kale, and wine and reduce the heat to a simmer. Cover and cook for 10 minutes.
4. Add the zucchini and pepper back, plus the chickpeas, and season. Cook for 2 more minutes.
5. Divide among four bowls and enjoy!