

Eggplant and Tomato Sauce



4.91 from 42 votes

This simple Eggplant and Tomato Sauce is delicious, made with diced eggplant stewed in tomatoes and garlic. I love it served over pasta but it's also great as a side dish on it's own.

PREP TIME:
5 mins

COOK TIME:
20 mins

TOTAL TIME:
25 mins

YIELD: 4 servings COURSE: Dinner CUISINE: Italian



Ingredients

- 1 medium eggplant (cut in 1/2-inch cubes)
- 4 cloves garlic (smashed and chopped)
- 2 tbsps extra virgin olive oil
- 28 oz can plum tomatoes including juice (I like Tuttorosso)
- salt and fresh ground pepper
- chopped basil or parsley (for garnish)

Instructions

1. Heat oil over medium-high heat in a large deep skillet, when hot saute the garlic in olive oil.
2. Add eggplant and cook about 3 minutes, until it begins to soften.
3. Coarsely chop tomatoes and add them to the skillet along with the juices.
4. Season with salt and pepper and simmer, uncovered about 15-20 minutes.
5. Add fresh chopped herbs and serve over your favorite pasta.

Notes

Served over 2 ounces uncooked pasta, it would be 8 WW smart points per serving.

Nutrition

Serving: 3/4 cup, Calories: 127kcal, Carbohydrates: 16g, Protein: 3g, Fat: 7g, Fiber: 5g, Sugar: 5g
- WW Points: 2

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