

Campus Food Bank's

Soy Glazed Mushrooms and Eggplant

Ready in **30 minutes**

Serves **4 people**

Equipment

- Knife
- Cutting Board
- Grater/microplane (optional)
- Large pan or pot with lid

Ingredients

1	Eggplant
~2 cp	Mushrooms (any variety eg. button, shitake)
2-3	Cloves garlic
1"	Fresh ginger
¼ cp	Soy sauce
2-3 tbsp	Brown sugar
1 tbsp	Rice Vinegar

Toppings of choice: Rice, fried egg, tofu, grilled meat, sriracha mayo, pickled onions, cucumber, etc.

Preparation

1. Wash produce. Dice mushrooms into large chunks or quarters. In a medium pan or pot saute mushrooms over medium heat with a drizzle of oil. Cook ~ 5 minutes covered or until softened.
2. Dice the eggplant into 1" cubes. Add to mushrooms and continue to cook over medium heat ~10 minutes adding water to unstick as needed.
3. While the eggplant cooks mix together the remaining ingredients, including the sliced garlic and grated ginger, for the sauce. Add sliced chiles or dried chile flakes for some heat if desired.
4. When the eggplant and mushrooms are soft add the sauce and cook for another 2 minutes, adding water to thin the sauce if needed.
5. Serve on top of rice or noodles with desired toppings. Some ideas are grilled chicken, a fried egg or tofu, pickled cucumbers, green onion or sriracha mayo.

Recipe adapted from Budget Bytes.