



Eggplant Stew

INGREDIENTS

- 1 large eggplant – chopped course
- 1 large can diced tomatoes
- 1 small can fire roasted tomatoes
- 1 can chickpeas
- ½ small white or yellow onion – chopped fine
- ½ small red onion – chopped fine
- 1 medium bell pepper – chopped
- 1 -2 celery stalks – chopped
- 1 -2 stalks (green) green onion - chopped
- Extra virgin olive oil
- 1 tsp Dill weed
- 1 tbsp Greek seasoning
- 3 tsp salt/pepper/garlic blend
- 8-12 oz water
- 2-3 oz red wine

METHOD

Chop and prep all vegetables

Open cans. Drain liquid off chickpeas.

Prepare large saucepan on medium high heat and coat base of pan with olive oil

Add equal parts white onion, red onion and green pepper and sauté until translucent

Add celery and green onion



Add about 1 tsp each of Greek seasoning and salt/pepper/garlic blend and continue to cook and stir to break down vegetables – about 2 minutes.

Add 2-3 ounces of water to deglaze pan

Add eggplant and turn together

Add dill, and season again with salt blend and Greek seasoning

Add about 3-4 ounces of water and allow to cook for about 3 minutes

Add Red wine and deglaze pan – stir and cook for about 3 minutes

Reduce heat – add all tomatoes and combine

Add chickpeas and combine

Add remaining water – lower heat and cook for about 30 minutes

Serve