Mediterranean Eggplant Stew
Makes about 6 servings

Ingredients:
2 Tablespoons olive oil
1 medium onion, chopped
1 medium eggplant, diced
1 red bell pepper, seeded and diced
3 cloves garlic, minced
2 cups vegetable broth
1½ cups water
2 (14/5 oz.) cans diced tomatoes
1 (15 oz.) can chickpeas, rinsed and drained
1 teaspoon dried parsley
1½ teaspoon dried oregano
¼ teaspoon black pepper
1 Tablespoon sugar
½ teaspoon salt

Directions:
1. In a large saucepan, heat the oil. Add the onion and cook 8 to 10 minutes until soft.
2. Add the eggplant and red bell pepper and cook for about 8 more minutes while stirring frequently. Add the garlic, paprika, parsley, and oregano and continue cooking for a few more minutes.
3. Stir in the broth, water, tomatoes, chickpeas and sugar. Bring to a boil, turn heat down and simmer for about 30 minutes.

Source: Recipe from Broome County CCE