Mediterranean Eggplant Stew
Makes 6 servings

Ingredients:
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 medium eggplant, diced
- 1 bell pepper, seeded and diced
- 3 cloves garlic, minced
- 2 cups vegetable broth
- 1½ cups water
- 2 (14.5 ounces) cans diced tomatoes
- 1 (15 ounces) 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 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: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.