

Curried Eggplant with Tomatoes and Basil-Vegan-SOS

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes

Serving Size: 3
Calories per serving: 371
Fat per serving: 2 grams

Ingredients

- 1 cup white basmati rice
- 1 (15-ounce) can no salt added garbanzo beans, rinsed and drained (home cooked preferred)
- 1 onion, chopped
- 4 cups cherry tomatoes, halved
- 1 large eggplant, cut into 1/2-inch pieces
- 1/2 cup fresh basil
- 1 tablespoon vegetable broth, Trader Joe's Low Sodium
- 1 1/2 teaspoons curry powder
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Instructions

1. In medium saucepan cook rice according to package directions, then set aside, covered, for 5 minutes.
2. Meanwhile in a saucepan heat the vegetable broth over medium-high heat. Add the onions, and cook for about 5 minutes, until softened.
3. Stir in the cherry tomatoes, curry powder, oregano, and pepper. Keep cooking and stirring for about 2 minutes, then add the eggplant with 2 cups of water, and simmer until eggplant is tender, about 10-15 minutes.
4. Stir in the cooked beans, and cook for 2 minutes. Remove vegetables from the heat, and serve the vegetables over the rice.

Notes

Nutrition facts (per serving): Calories: 371, from fat: 8, total fat: 2g, cholesterol: 0mg, sodium: 88mg, total carbohydrate: 79g, fiber: 14g, sugar: 14g, protein: 8g.