

## Garden Fresh Eggplant and Tomato Stew

**Prep time:** 10 minutes **Cooking time:** 50 minutes **Servings:** 4

### Ingredients:

- 1 large eggplant, 1 inch cubes
- 1 large yellow onion
- 4 cups roma tomatoes, chopped
- 3 cloves garlic
- 1 15 oz can chickpeas, drained
- 1 Tbsp smoked paprika
- 1/2 tsp salt
- 1 Tbsp maple syrup
- 1 Tbsp cumin
- 2 Tbsp olive oil
- ½ cup vegetable broth
- 1 TBSP sriracha (or more)
- Cilantro and lemon for topping (optional)

### Nutrition Facts

Servings: 4

Amount per serving

**Calories 293**

% Daily Value\*

**Total Fat** 11.7g **15%**

Saturated Fat 1.6g **8%**

**Cholesterol** 3mg **1%**

**Sodium** 654mg **28%**

**Total Carbohydrate** 43.5g **16%**

Dietary Fiber 11.8g **42%**

Total Sugars 14g

**Protein** 8.1g

Vitamin D 0mcg **0%**

Calcium 92mg **7%**

Iron 4mg **20%**

Potassium 930mg **20%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

### Directions:

1. Preheat oven to 425 F and grease baking sheet.
2. Add diced eggplant, drizzle with olive oil and sprinkle with salt. Toss and roast for 30 minutes. For even cooking, flip eggplant at 15 minute mark.
3. While eggplant is roasting, heat large rimmed pot over medium. Add oil and onions. Sauté for 5 minutes, or until soft and slightly brown.
4. Add garlic, cumin, and smoked paprika. Cook for 1 minute.
5. Add chopped tomatoes and veggie broth. Cover and simmer over medium for 5 minutes.
6. Add chickpeas, maple syrup, harissa paste and stir. Remove eggplant from oven and add to pot. Cover and cook for 10 more minutes.
7. Serve with brown rice, farro, or grain of choice! Top with cilantro and a fresh squeeze of lemon.
8. Freezes well for 3 months. Check out this [list of freezer friendly storage containers](#).