



# EGGPLANT CURRY

Prep Time: 15 minutes  
Cook Time: 25 minutes  
Total Time: 40 minutes

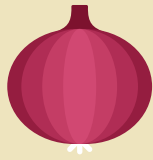
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Servings: 4 servings



**EXTRAMILE**



2 Tbsp olive  
or coconut oil



1 large onion,  
diced



1 tsp. curry powder, 1 tsp. cumin,  
1 tsp. coriander, 1 tsp. turmeric &  
1 tsp. salt



red pepper  
flakes



3 garlic cloves,  
minced



2 large tomatoes,  
diced



1 large  
eggplant cut  
into 1-inch pieces



Fresh minced  
basil



1 cup vegetable  
broth or water



1-inch piece  
of fresh  
ginger, peeled  
and finely  
minced



1 jalapeño  
pepper,  
seeded and  
finely diced

## INSTRUCTIONS

In a large skillet, heat the oil over medium high heat. Add the onion and sauté, stirring often, until softened, about 6 minutes.

Next add the curry powder, turmeric, ground coriander, ground cumin, salt, minced garlic and ginger. Sauté, stirring until fragrant, about 2 minutes.

Then add the diced tomatoes, eggplant and jalapeño pepper. Stir the mixture to combine thoroughly.

Finally add the broth or water and bring the mixture to a boil. Reduce heat to medium low and simmer, covered, until the eggplant is tender, about 12 to 15 minutes.

Garnish the curry with red pepper flakes and fresh minced basil. Serve with either cooked quinoa or millet.

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