



**BRAIN HEALTHY  
COOKING**

# Entrée

## *Vegetarian Moroccan Eggplant*



### *Ingredients*

1 large Onion, sliced thin  
5 medium Garlic Cloves, pressed  
1 medium Red Bell Pepper,  
cut in 1-inch squares  
1 medium Eggplant,  
cut into 1-inch pieces  
1 15-oz can Garbanzo Beans  
1 15-oz can Lentils, drained  
½ CUP Tomato Sauce  
1¼ CUPS + 1 TBSP Low-Sodium  
Vegetable Broth  
½ CUP Raisins  
1 TBSP fresh Cilantro, chopped  
2 TSP Turmeric  
½ TSP Garam Masala  
Pinch of Red Pepper Flakes  
Black Pepper (to taste)

### *Directions*

1. Slice onion and press garlic and let sit at room temperature for at least 5 minutes.
2. Heat 1 TBSP broth in a 10-12 inch skillet. Sauté onion in broth over medium heat for 5 minutes, stirring frequently. Add garlic, red bell pepper, eggplant, garam masala, and turmeric. Stir to mix well for a minute, and add remaining broth and tomato sauce. Stir.
3. Cover with a lid and cook over medium-low heat for 15 minutes, stirring occasionally, or until peppers and eggplant are tender.
4. Add garbanzo beans, lentils, red chili flakes, and raisins. Simmer for another 5 minutes. Season with pepper. Top with chopped cilantro.

