

Persian-Inspired Eggplant Stew

Adapted from Khoresh Bademjan

Ingredients for Life

This recipe was inspired by Khoresh Bademjan (Khor-ESHT Bahd-em-joon) which is a famous Persian dish that combines spices, eggplant, and tomatoes. It is traditionally made with lamb or beef, but this vegetarian version is just as savory and simple to make. It is even better the next day as the flavors continue to meld. The traditional recipe calls for dried black limes, which are difficult to find and costly. Using lime juice to finish the stew results in a similar tart taste. Serve with rice and other optional toppings for a well-rounded dish.

Serves 3

Serving size: 2 cups

Prep time: 10 minutes

Cook time: 80 minutes

Total time: 90 minutes

Ingredients

- 3 Tablespoons olive oil
- 1 medium eggplant, peeled and cut into slices about 1/4-inch thick
- 1 medium onion, finely chopped
- 1 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 3 ounces no salt added tomato paste (1/2 of a small can)
- 14.5-ounce can no salt added crushed tomatoes
- 2½ cups of water
- 1/2 teaspoon salt
- Black pepper to taste
- 2 Tablespoon fresh lime juice

Optional: Serve with cooked brown rice (Basmati preferred) and plain Greek yogurt.

Directions

1. Heat oil in a large soup pot or Dutch oven over medium-high heat.
2. Sear the eggplant in batches until brown and set aside. Add more oil to the pan as you need.
3. Add onions to the pot and cook for about 5 minutes, or until soft.
4. Add turmeric and cinnamon and cook for 1–2 minutes, or until fragrant.
5. Add tomato paste and crushed tomatoes. Stir to combine. Cook uncovered for 10–15 minutes.
6. Add seared eggplant, water, salt, and pepper to the pot. Cover, reduce heat to low, and cook for 1 hour, stirring occasionally.
7. Taste and adjust seasoning.
8. Add lime juice.
9. Optional: serve over rice with plain Greek yogurt.



Nutrition Facts

Serves 3
Serving size 2 cups (393g)

Amount per serving
Calories 244

% Daily Value*

Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 601mg	25%
Total Carbohydrate 30g	10%
Dietary Fiber 10g	41%
Total Sugars 16g	
Protein 5g	11%
Vitamin D 0mcg	0%
Calcium 90mg	9%
Iron 4mg	20%
Potassium 1064mg	30%
Phosphorus 108mg	11%

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

Nutrition information does not include brown rice or yogurt.