



# EGGPLANT CURRY

## Ingredients

- 1 medium eggplant, chopped into bite sized pieces
- 1 small onion, diced
- 1 medium bell pepper, chopped
- 2 medium potatoes, diced (~ 1 cup)
- 1/4 lb green beans, cut into 2" pieces
- 2 small pattypan squash, diced
- 1 medium tomato, diced, or 2 T. tomato paste
- 2 T. lemon juice
- 1 t. ground cumin
- 1 t. ground cinnamon
- 1 t. salt, or to taste
- 1/2 t. ground coriander
- 1/2 t. curry powder
- 1/4 t. ground cardamom
- 1/8 t. cayenne pepper, or to taste
- 3-4 cups water
- 2 t. vegetable oil
- 1/2 cup plain Greek yogurt



- 1/2 t. garlic powder or 2 T. minced garlic
- 1/2 t. ground ginger
- 1/4 t. ground cloves

## Directions:

In a small bowl, combine the cumin, cinnamon, coriander, curry powder, garlic powder, ginger, cardamom, cloves, cayenne pepper, and salt. Set aside. In a large pot, combine the oil and onion and cook for 3 minutes until the onion becomes fragrant and translucent. Add the eggplant and potatoes, cover, and cook for 5 minutes. If bottom of pot is drying out, add ~1 cup water. Add green beans, cover and cook 5 minutes. Add the bell pepper, squash, tomatoes, lemon juice, 2 cups water, and spices. Cover and cook over medium heat for 15-20 minutes, stirring occasionally, until the vegetables are soft. Add additional water and salt, if necessary. Remove from heat and serve.

Serve over basmati rice, couscous, quinoa, or other rice. Top with a tablespoon of the Greek yogurt. Also great with naan!