Recipe

Eggplant, Chickpea, and Tomato Bake

Servings: 5
Estimated Cost: $ 5.00-$8.00

Grocery List: Cooking oil, canned tomatoes, garlic, onion, salt, pepper, dried oregano, dried paprika, dried basil, bell pepper (optional)

Equipment Needed: Baking sheet, oven, knife, cutting board, mixing bowl, mixing spoon

Ingredients

- 2 tbsp cooking oil (For example, coconut oil, canola oil, or olive oil)
- 1 eggplant, cut into ½ inch cubes
- 1 onion, finely chopped
- 1 bell pepper, chopped (color of your choice) (optional)
- 2-3 cloves garlic, chopped
- 1 (12 oz) can diced tomatoes
- 1 cup cooked chickpeas
- 1 tsp ground oregano
- 1 tsp ground paprika
- 1 tsp ground basil
- Salt and pepper to taste

Method of Preparation

1. Preheat the oven to 400 F.
2. In a mixing bowl add the oil, eggplant, onion, bell pepper, garlic, diced tomatoes, chickpeas, oregano, paprika, basil, salt, and pepper. Mix well.
3. Add to a deep baking sheet and place in the oven.
4. Roast for 35-45 minutes, or until the eggplant is tender.
5. Remove from the oven and let cool for 8 minutes before serving.

Enjoy!