

Eggplant Harvest Soup



Recipe

Serving Size: 6-8

Total Time: 30 minutes

Ingredients:

- 2 (15oz) can tomato sauce
- 1/2-1 cup water (as needed)
- 2 (8oz) can mexicorn or corn
- 1 (15oz) can black beans or kidney beans
- 1 small eggplant, cut in cubes
- 1 onion, diced
- 4 cloves garlic, finely chopped
- 2-3 big teaspoons of olive, canola, or any oil

Tasty extras, if available:

Italian seasoning & black pepper

Preparation: 10 minutes

1. Cut eggplant into cubes
2. Finely chop garlic
3. Dice onion

Guidance: 20 minutes

In a large pot, heat olive oil on medium heat, add onion and garlic until soft, 2 minutes. Add eggplant, 1/2 cup water or as needed. Next, pour cans of tomato sauce, 15 minutes. Sauce should be at a boil. Add black beans, mexicorn, and tasty extras if possible, 5-7 minutes. Top with flakes of cheese and tortilla chips for



EGGPLANT

Known for its Indian roots, this plant has a dark purple exterior, glossy skin, and tender flesh. It is low in carbohydrates, calories, and is a good source of dietary fiber.



Nutrition Facts

Total Calories (1 cup)	Total Fat 4g			Sodium	Total Carbs	Dietary Fiber	Protein	Sugar
	Monounsaturated	Polyunsaturated	Saturated					
166kcal	3g	1g	0g	60mg	28g	9g	7g	6g