



**FRESH  
CONNECT**  
BUCKS COUNTY

*recipe*

## EGGPLANT ONION TOMATO STEW

NAME OF DISH

### INGREDIENTS

2 eggplants (medium, unpeeled, and diced)  
4 roma tomatoes (small, diced)  
2 onion (small, diced)  
2 cups tomato sauce  
1 cup of water  
2 teaspoons ground cumin  
Pinch cayenne pepper  
1 teaspoon of kosher salt

### INSTRUCTIONS

Prepare the veggies; dice the unpeeled eggplant, tomatoes, and onions into small pieces, set aside. In a large saucepan or skillet, add the tomato sauce, cumin, salt, cayenne pepper, and water and stir well. Add the veggies and bring to a boil. Reduce heat to simmer. Cover and cook for 20-25 minutes or until the eggplants are tender. Add additional water if you want a thinner consistency. Serve plain or over quinoa, rice or your favorite grain.



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