



## RECIPE OF THE WEEK

This Moroccan- Spiced Eggplant and Tomato Stew recipe is a hearty and flavorsome meal guaranteed to spice up your weekly menu. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this delicious and nutritious meal is a crowd pleaser.



### MOROCCAN-SPICED EGGPLANT AND TOMATO STEW

#### Nutritional Facts:

Beans are a lean source of protein, iron and fiber. Eggplant, tomato, and onions together are high in fiber; iron, copper, folate, calcium, phytonutrients; magnesium; manganese, phosphorus; thiamin; and vitamins A, C, D, B6, and K. Garlic and honey are also high in vitamins and minerals as well as antioxidants, and antibacterial properties. All this helps digestive, heart and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immune function and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 4):


1 large eggplant cut into bite-size pieces	2 cans diced tomatoes
2 Tablespoons olive or coconut oil	1/2 cup water (or vegetable broth)
1/2 teaspoon sea salt	1 cup cooked chickpeas or red kidney beans
1 large white or yellow onion, thinly sliced	1 Tablespoon maple syrup or honey
3 cloves garlic, minced	2 Tablespoons hot sauce
1 Tablespoon ground cumin	Cilantro or parsley
1 Tablespoon smoked paprika	2 cups cooked rice
	Fresh lemon


#### Instructions

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper.
2. Add diced eggplant, and drizzle with 1 tablespoon of oil, and ¼ teaspoon salt. Flip to coat and roast for 30-35 minutes, flipping to cook evenly.
3. In the meantime, heat a large pot over medium heat, 1 tablespoon oil and onions. Sauté for 4-5 minutes, stirring frequently, or until soft and slightly caramelized.
4. Add garlic, cumin, and paprika and stir to coat. Cook for 1 minute more. Add tomatoes and their juices as well as water (or vegetable broth). Cover and bring to a simmer over medium heat. Cook for 4 minutes.
5. Remove cover and add drained chickpeas or kidney beans, maple syrup, and hot sauce and stir to coat. Cover and simmer over medium-low heat.
6. Remove roasted eggplant from oven and add to the tomatoes and chickpeas. Stir to combine and cover. Simmer over medium-low heat for another 10 minutes. Taste and adjust the flavors as needed.
7. Serve as is or over rice with wedges of fresh lemon and fresh chopped parsley or cilantro.

*Eat & Enjoy!*

Recipe adapted from: [www.minimalistbaker.com](http://www.minimalistbaker.com)

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