



Eggplant, Pepper & Tomato Saute

18 servings

20 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
9 Eggplant (large, cubed)
Sea Salt & Black Pepper (to taste)
4 1/2 Green Bell Pepper (diced)
1 1/2 tbsps Cumin
6 3/4 cups Diced Tomatoes

Directions

- 1 Heat olive oil in a large saucepan over medium-high heat. Add the eggplant and season with salt and pepper. Cook for 6 to 8 minutes, stirring occasionally.
- 2 Add the bell pepper and cumin, cooking for 1 to 2 minutes. Then stir in the tomatoes and cook for an additional 10 to 12 minutes.
- 3 Season with salt and pepper to taste. Enjoy!

Notes

Serve it With, Pasta, brown rice, quinoa, brown rice tortilla chips, or on toast.

Extra Toppings, Feta, fresh herbs, avocado or Greek yogurt.

Storage, Refrigerate in an air-tight container up to 3 to 5 days, or freeze.