



Eggplant Soup

Serves four

1/2 a medium eggplant – cubed
1/2 a cup of white or brown rice
1 TBS olive oil
1 small white onion – chopped
1/2 a red bell pepper – cubed
1 small zucchini – sliced
1 small chili pepper – chopped (optional)
2 garlic cloves – minced
1/2 a tsp. ground oregano
Salt & Pepper
6 cups water
1/2 cup white wine
4 Roma tomatoes – halved
2 TBS chopped mint
1 tsp. chopped Rosemary leaves
2 TBS chopped parsley

Place the eggplant into a colander and sprinkle generously with salt. Let it rest in the sink for about twenty minutes. Rinse and pat dry and set aside. Rinse the rice well and set aside.

Heat the olive oil and add the onion, bell pepper, zucchini, chili pepper, garlic, rice and eggplant. Mix well and cook for about six minutes until the veggies are softened. Mix occasionally. Add the oregano and season with salt and pepper. Add the water and white wine and mix well. Grate in the tomatoes directly into the pot and get rid of the skins. Mix well and bring to a boil. Cover the pot and reduce the heat. Simmer for about 30 minutes or until the rice is cooked through. Turn off the heat and add the herbs. Serve and enjoy.

CALORIES 191.86; FAT 4.59 g (sat 0.65; Mono 2.65; poly 0.71); PROTEIN 5.42 g; FIBER 6.35 g; CARBS 30.60 g; CHOLESTEROL 0.00 mg; IRON 4.12 mg; Sodium 763.36 mg; CALCIUM 129.32 mg