

FRIED EGGPLANT & LENTIL STEW

Ingredients

1 large Eggplant, about
1 pound

½ Cup Cornstarch

1 Tablespoon East
Nashville Spice Co.
Original Blend

1 Cup Lentils

2 Cups GDG Vegetable
Soup Base

3 Cups Water

1 bunch Beet Greens,
washed & dried

1 teaspoon minced
Garlic

1 Tablespoon Lemon
Juice

2/3 1 Cup Blended Oil

Directions

Dice Eggplant into ½ inch sized pieces.

Heat ¼ Cup Oil in a large pot over medium-high heat.

Whisk together Cornstarch & Spice.

Toss with Eggplant well and fry in Oil in batches until
fragrant and crispy, only about 2 minutes per batch.

Add more Oil if necessary to continue cooking evenly. Drain
each batch on paper towels and keep warm.

When complete, wipe out pan if needed, add Soup Base,
Lentils and water and cook at a simmer until Lentils are
cooked- this depends on what variety you have, but generally
about 20 minutes.

Beet Greens can be sautéed with Oil, Garlic and Lemon
briefly, or simply stirred into the Lentils.

Serve piled on plates with Radish Raita, Pickled Peppers or
Hot Sauce!