

EGGPLANT & WILD RICE MEDLEY

Ingredients

3 slices Bacon, chopped

6 small Leeks, about 2
Cups sliced rounds

1 large Eggplant, ½
inch cubed

1/3 Cup Golden Sherry

1 Cup Rice blend, such
as Basmati & Wild Rice

1 3 Tablespoons
Blended Oil

Directions

Add 1 Tablespoon Blended Oil to a medium pot and add chopped Bacon over medium heat until starting to brown, then add sliced Leeks & Eggplant.

Stir to coat well and if the pot starts to look dry, add a little more Oil so that the Eggplant continues to fry for about 2 minutes more.

Turn up the heat to medium-high and pour in Sherry.

Once the liquid has boiled off use a spatula to remove mixture to a bowl and keep warm. (the Eggplant should still be firm)

Add 2 Cups Chicken Stock or Water to Pot and bring to a boil.

Add Rice Blend and then reduce heat to low, cover with a lid and cook rice according to package directions- about 15 minutes.

Just before the Rice is finished, stir in the Eggplant mixture and season with Salt & Pepper if necessary.

Serve “family style” with grilled fish or meat!