

Eggplants stew



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For 3-4 servings:

4 onions, sliced

3 bell peppers, sliced

3 eggplants, cubed (2 cm)

1/2 kg tomatoes, chopped / 1 can diced tomatoes

5-6 cloves of garlic, finely chopped

1 tablespoon oil

1 bunch of parsley

salt and pepper

Stir fry the onions in oil for 2-3 minutes. Add the bell peppers and the eggplants. Add little water (the eggplants will leave plenty of water). Cover and simmer stirring occasionally. When the eggplants have softened add the tomatoes/canned tomatoes and cook for 8-10 minutes. Add the garlic, salt and pepper to taste and cook for another 2-3 minutes. Garnish with finely chopped parsley.

Serve with salad.