

Asian Eggplant Stir Fry

Taste!
York Fresh Food Farms

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INGREDIENTS:

- 1 big eggplant, peeled and cut into slices
- 3 bell peppers (any color), thinly sliced
- 1 cup chopped onion
- ¼ cup soy sauce
- 2 tablespoons molasses or brown sugar
- 1 tablespoon vinegar
- 3 cloves garlic, minced
- 2 teaspoons ginger
- 2 teaspoons cornstarch
- 1 ½ tablespoons peanut butter (or another nut butter like almond butter)
- ½ cup thinly sliced fresh Thai or Italian basil
- 4 cups hot cooked brown rice

INSTRUCTIONS:

- 1 Cook eggplant, peppers, and onion in a large pot on medium for 8 to 10 minutes until soft. Add some water if they start to stick to the pot.
- 2 In a small bowl, mix together the soy sauce, molasses or brown sugar, vinegar, garlic, ginger, and cornstarch with ¼-½ cup of water.
- 3 Add this mixture and also add the peanut butter to the pot. Cook for 2 to 3 minutes or until sauce thickens. Stir in half the basil.
- 4 Serve vegetable mixture over rice. Sprinkle the rest of the basil on top.