Sweet Potato & Eggplant Curry
Servings: 4 / Time: 40-50 minutes

Ingredients
- 2 thin Japanese Eggplants or 1 large Italian Eggplant, cut into 1” cubes
- 1 onion, diced in ½” pieces
- 1 carrot, diced in ½” pieces
- 1 jalapeno, minced (more if you like it really spicy)
- 2-3 garlic cloves, minced
- 1 Tablespoon curry powder
- 1 small can tomato paste
- 1 can coconut milk
- 1 cup vegetable stock or water
- 2 cups sweet potato, peeled or unpeeled depending on your preference, cut into 1” dice,
- Cilantro for garnish (optional)

Instructions
- Toss the eggplant with a little salt and allow it to sit while you prep the other veggies or for up to an hour. This draws out some of the bitter liquid in the eggplant. When ready, brush the eggplant with a paper towel to remove the liquid.
- Heat oil in a heavy bottom pot over medium heat. Add onion and carrot and sauté for 3-5 minutes, or until onions are translucent. Add the eggplant and cook for an additional 2-3 minutes, allowing the vegetables to develop some brown color.
- Add in the curry powder and garlic and stir until it is fragrant but the garlic has not burnt (1-2 minutes).
- Add tomato paste, coconut milk and vegetable stock and stir so the tomato paste dissolves.
- Add in sweet potatoes, season with salt and pepper. Simmer over low-medium heat until the potatoes are cooked through (20-30 minutes).
- Serve over rice. Add fresh cilantro, if desired.
- Like most stews, this dish is more flavorful made a day ahead of time. To store, pour into container(s) and let cool for no more than 2 hours, then store in refrigerator for up to 5 days.

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