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easy greek-style eggplant recipe



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Author: [Suzy Karadsheh](#) Prep Time: 20 mins Cook Time: 55 mins Total Time: 1 hour 15 minutes

Yield: Serves up to 6 people Diet: Vegan



DESCRIPTION

All-star eggplant recipe, prepared Greek style! Eggplants cooked to velvety tender perfection with chickpeas and tomato. A perfectly satisfying meatless dinner or side dish. Low-Fat. Vegan. Gluten Free.

INGREDIENTS

SCALE

1x

2x

3x

- 1.5 lb eggplant, cut into cubes
- Kosher salt
- Extra Virgin Olive Oil (I used [Private Reserve](#) Greek EVOO)
- 1 large yellow onion, chopped
- 1 green bell pepper, stem and innards removed, diced
- 1 carrot, chopped
- 6 large garlic cloves, minced
- 2 dry bay leaves
- 1 to 1 1/2 tsp [sweet paprika](#) OR smoked paprika
- 1 tsp organic [ground coriander](#)
- 1 tsp dry oregano
- 3/4 tsp ground cinnamon
- 1/2 tsp organic [ground turmeric](#)
- 1/2 tsp black pepper
- 1 28-oz can chopped tomato
- 2 15-oz cans chickpeas, reserve the canning liquid
- Fresh herbs such as parsley and mint for garnish

INSTRUCTIONS

1. Heat oven to 400 degrees F.
2. Place eggplant cubes in a colander over a large bowl or directly over your sink, and sprinkle with salt. Set aside for 20 minutes or so to allow eggplant to "sweat out" any bitterness. Rinse with water and pat dry.
3. In a large braiser, heat 1/4 cup extra virgin olive oil over medium-high until shimmering but not smoking. Add onions, peppers, and chopped carrot. Cook for 2-3 minutes, stirring regularly, then add garlic, bay leaf, spices, and a dash of salt. Cook another minute, stirring until fragrant.
4. Now add eggplant, chopped tomato, chickpeas, and reserved chickpea liquid. Stir to combine.
5. Bring to a rolling boil for 10 minutes or so. Stir often. Remove from stove top, cover and transfer to oven.
6. Cook in oven for 45 minutes until eggplant is fully cooked through to very tender. (While eggplant is braising, be sure to check once or twice to see if more liquid is needed. If so, remove from oven briefly and stir in about 1/2 cup of water at a time.)
7. When eggplant is ready, remove from oven and add a generous drizzle of [Private Reserve EVOO](#), garnish with fresh herbs (parsley or mint). Serve hot or at room temperature with a side of Greek yogurt or even [Tzatziki sauce](#) and pita bread.

NOTES

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- **SLOW-COOKER INSTRUCTIONS:** you can prepare the recipe up to step #3 as written. Then transfer ingredients to your slow cooker. Add 1 cup water and the remaining ingredients from step 4. Cook on low for 4 hours or until eggplant is very tender.
- **Visit our [Online Shop](#)** to browse quality Mediterranean ingredients including [extra virgin olive oils](#) and [all-natural and organic spices](#) used in this recipe.

Keywords: Eggplant Recipe, Vegan Eggplant Recipe, Eggplant Stew, Braised Eggplant

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