

RECIPE | TOMATOES



TOMATO EGGPLANT & CHICKPEA STEW



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Recipe created by Hanan Ghadban



1 hr 20 min

15 min
PREP.

1 hr 5 min
COOKING



4



easy

INGREDIENTS

- 2 12 oz** Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-The-Vine, divided
- 3** Pure Flavor® Roma Tomatoes
- 2** Pure Flavor® Craft House Collection® Baby Eggplants
- 2 cloves** garlic, minced
- 1** red onion, sliced
- 1 can** chickpeas, drained & rinsed

- 5 tbsp** olive oil, divided
- 2 tsp** ground cumin
- 1 tsp** red chili flakes
- Salt & pepper, to taste

DIRECTIONS

- 1** Preheat oven to 375°F.
- 2** Peel eggplants and slice into rounds. Sprinkle with salt & pepper and set aside.
- 3** In a food processor, blend Roma Tomatoes and set aside.
- 4** Pat eggplant dry. Add to a parchment-lined baking sheet with 1 package of RedRoyals®, drizzle with 3 tablespoons olive oil and bake for 15 minutes.
- 5** Add remaining olive oil to a large skillet, add onions & sauté until translucent.
- 6** Remove remaining RedRoyals® from the vines and add to onions. Once tomatoes are blistering, add garlic, red chili flakes, and ground cumin. Simmer for one minute, then add blended tomatoes and chickpeas and let simmer for 5 minutes.
- 7** Remove roasted vegetables from oven. Place eggplant slices evenly across the bottom of a Dutch oven, followed by a layer of prepared tomatoes. Continue layering eggplant and tomatoes until all are used.
- 8** Cover with foil and bake for 45 minutes. Serve with roasted tomatoes on top of stew.