

RECIPE | EGGPLANTS

TURKISH STUFFED EGGPLANT



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INGREDIENTS

- 3 2 ct** Pure Flavor® Craft House Collection® Graffiti Baby Eggplants, halved
- 1** Pure Flavor® Red Sweet Bell Pepper, sliced & divided
- 1** Pure Flavor® Yellow Sweet Bell Pepper, sliced & divided
- 4** cloves garlic, thinly chopped
- 1** medium onion, chopped
- ½ lb** ground beef
- 1 cup** hot water

- ½ cup** parsley, chopped & divided
- 1 tbsp** olive oil
- 1 tbsp** tomato paste
- 1 tsp** ground cumin
- Salt & pepper, to taste

DIRECTIONS

- 1** Heat oil in a non-stick pan over medium-high heat. Add beef, onion, garlic, and peppers and for 4-6 minutes, breaking the beef into smaller pieces.
- 2** Reduce the heat to medium, mix water, tomato paste, cumin, and salt & pepper, and simmer until the liquid thickens.
- 3** Remove from heat and stir in half of the parsley.
- 4** Preheat the grill. Poke 7-10 holes in each eggplant using a fork, and cook for 6-8 minutes, flipping halfway. Place in a large grill-safe casserole dish and set aside.
- 5** After the eggplants cool, cut a small opening in the "belly" of each eggplant and lightly season with salt.
- 6** Spoon the sauce into the openings of each eggplant, letting it mound. Pour any remaining sauce into the bottom of the casserole dish.
- 7** Cover with aluminum foil and place on the grill for 10 minutes. Remove the foil and cook for another 7-10 minutes.
- 8** Garnish with remaining parsley and serve.



60 min

20 min | **40 min**
PREP. | COOKING



6



medium