



RECIPE | EGGPLANTS

TURKISH STUFFED EGGPLANT



60 min

20 min
PREP.

40 min
COOKING



6



medium

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

- 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.
- Reduce the heat to medium, mix water, tomato paste, cumin, and salt & pepper, and simmer until the liquid thickens.
- Remove from heat and stir in half of the parsley.
- 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.
- After the eggplants cool, cut a small opening in the "belly" of each eggplant and lightly season with salt.
- Spoon the sauce into the openings of each eggplant, letting it mound. Pour any remaining sauce into the bottom of the casserole dish.
- Cover with aluminum foil and place on the grill for 10 minutes. Remove the foil and cook for another 7-10 minutes.
- Garnish with remaining parsley and serve.

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