



EGGPLANT WITH GARLIC SAUCE

Number of servings: 4

Ingredients:

1 medium carrot	<u>Sauce:</u>
1 medium bell pepper	1 tablespoon sugar
2 medium eggplants	1 tablespoon cornstarch
1 thumb size piece ginger	¼ cup less sodium soy
1 clove garlic	sauce
1 pound lean ground meat	1 tablespoon vinegar
	Optional: chili pepper

Directions:

1. SLICE carrot, bell pepper, and eggplants. SET aside.
2. MINCE ginger and garlic. SET aside.
3. In a small bowl, COMBINE sauce ingredients: sugar, cornstarch, soy sauce, vinegar, and optional: chili pepper.
4. In a large pot, FRY meat. DRAIN off excess fat. ADD ginger and garlic.
5. ADD carrot, bell pepper, and eggplants. STIR-FRY until vegetables are tender.
6. ADD sauce mixture to pot and STIR.

Variations:

Other vegetables may be used.
Other meats may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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