EGGPLANT WITH GARLIC SAUCE

Number of servings: 4

Ingredients:
1 medium carrot
1 medium bell pepper
2 medium eggplants
1 thumb size piece ginger
1 clove garlic
1 pound lean ground meat

Sauce:
1 tablespoon sugar
1 tablespoon cornstarch
¼ cup less sodium soy sauce
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.