

From the kitchen of David and Jennifer Deaven

Vegetarian/Black Bean Eggplant Stirfry

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- A: 1 eggplant, American, or 2 thai eggplants
1/3C canola oil
- B: 4c garlic, minced
2" crystallized ginger
1 onion
1T vegetable stock
- C: 1/4C vegetable stock
1 1/2C cooked black beans, rinsed and chopped coarse
- D: 1T soy sauce
4 spring onions
1. Slice (A), brush with oil, saute slowly until golden, and reserve.
 2. Heat pan to hot and saute (B) 3 minutes.
 3. Add (C), bring to boil, and cook 2 minutes.
 4. Return eggplant to pan, simmer 2 minutes.
 5. Top with (D) and serve.
- Servings: 4



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