

**Aloo Baingan Indian Dish (Potato & Eggplant)**

**Servings:** 8

**Prep Time**: 15 minutes

**Cook Time**: 2-3 hours

**Total Time**: 3 hours

**Equipment Needed**: Large Pot, Skillet, Knife, Peeler, Bowl

**Ingredients:**

3 teaspoons Ghee OR Olive Oil

1 teaspoon Cumin

1 teaspoon Mustard Seeds

1 teaspoon Curry

4 teaspoons Garlic, minced

1 teaspoon Coriander Powder

1 teaspoon Turmeric

½ inch Ginger, peeled, minced

1 Jalapeno, minced

1 large Potato, peeled, cubed (boiled OR cooked in little oil on medium heat for 2 hours)

1 medium Eggplant, cubed

2 large Tomatoes, chopped OR 2 Cups Diced Tomatoes, canned

1 Cup Water

1 teaspoon Salt

 Garam Masala to taste

 Cilantro for garnish

**Directions:**

1. *Cooking Potatoes Method #1:* Boil peeled, cubed potatoes until tender.

*Cooking Potatoes Method #2 (\*preferred)*: Heat oil on medium heat (3 out of 10) – when cooking the potatoes in a skillet, the oil should hit around ¼” height of the potatoes. Cook for 2 hours turning the potatoes every 15-30 minutes. When potatoes are golden-brown, remove from oil and set aside.

1. In a separate pot, heat up Ghee or Olive Oil. When hot, add Cumin, Mustard Seeds, Curry, Coriander, and Turmeric.
2. Add Ginger & Jalapeno and stir for 1 minute.
3. Add Potatoes and Eggplant and mix in.
4. Add the Tomatoes, Salt, and Water and mix.
5. Cover and Cook for 15 minutes. Stir, reduce to Medium-Low and continue to cook until Potatoes and Eggplant are tender to preference. Taste and adjust adding Garam Masala if needed.
6. Garnish with Cilantro. Eat and Enjoy!