

# Eggplant Lentil Stew with Pomegranate Molasses

## **Ingredients**

- One 1 1/2-pound eggplant (or enough eggplants for 1 1/2 pounds)
- 2 tsp salt
- 1/2 cup lentils
- Water
- 1/3 cup extra-virgin olive oil
- 1 medium onion, chopped
- 4 medium garlic cloves, minced
- 1 28 oz can diced tomatoes
- 2 long green chiles, such as Anaheims—stemmed, seeded and coarsely chopped
- 2 Tbsp chopped mint leaves or 1 tsp dried
- 1 tablespoon tomato paste
- 1/4 teaspoon crushed red pepper
- 1/4 cup pomegranate juice concentrate (4x strength, don't dilute)
- 1 15 oz can garbanzo beans, drained

## **Method**

**1** Partially peel the eggplant so it has lengthwise stripes, cut into 3/4" cubes.

**2** Chop the onions, garlic and chilies and set aside.

**3** In a small saucepan, cover the lentils with 2 inches of water and bring to a boil. Reduce the heat to moderate and simmer until almost tender, about 15 minutes. Drain the lentils.

**4** While the lentils are cooking add olive oil to a 3 quart pot. On medium heat sauté the onion and eggplant until they begin to brown and soften. Add the rest of the ingredients and stir together. Turn the heat to medium high just long enough to bring to a boil, then reduce to low heat until the eggplant is very tender, about 1 1/2 hours. Stir often. You may need to reduce the heat to warm to prevent it from sticking and scorching. Add the garbanzo beans and the lentils about 1/2 hour before stew is done.

Serves 6-8