

*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



\$Id: black\_bean\_eggplant\_stirfry.v 1.4 2019/08/24 16:15:14 deaven Exp \$  
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