

Eggplant Ivory Stew

A hearty stew featuring tender eggplant, savory Ivory Guard, sweet onions, and juicy tomatoes, simmered to perfection.


30 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 small eggplant
- 1 Ivory Guard squash
- 1 onion
- 1 tomato
- Salt and pepper to taste
- 2 cups vegetable broth

Steps

- 1 Dice the eggplant, Ivory Guard, onion, and tomato.
- 2 In a pot, sauté the onion until translucent.
- 3 Add the diced eggplant and Ivory Guard, cook until slightly softened.
- 4 Stir in the diced tomato and vegetable broth. Season with salt and pepper.
- 5 Simmer for 20 minutes until vegetables are tender.
- 6 Serve hot and enjoy!