

Beef - Afghani Eggplant
Allison Stewart - DFAIT/MAECI

Ingredients:

- 1 med eggplant, ½ inch slices
- (½ - 1 lb. ground beef or lamb, depending on taste)
- 1 med onion, sliced
- 1 cup yoghurt
- Dash paprika
- 2 cloves garlic, chopped
- ½ tsp salt
- dash pepper
- ¼ cup olive oil (or vegetable oil) (this is never enough)
- 1½ tsp dried parsley

Instructions:

- Sauté onion till tender; remove from pan
- Cook 1/2 of eggplant on medium high turn once till tender and golden for 10 minutes
- Cook the rest of the eggplant with more oil as needed
- Arrange onion and eggplant on baking dish (add ground beef or lamb on top of the eggplant and onions if desired)
- Mix the rest of the ingredients without paprika and pour over
- Sprinkle with paprika
- Bake at 350 for ten to fifteen minutes till hot and bubbly