

Eggplant Creole

Carol F Stetson - Danbury, CT

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Yield: 4 to 6 servings

*1 medium eggplant
2 tablespoons butter
1 tablespoon flour
3 large tomatoes (or 2 cups
canned chopped tomatoes)
1 small pepper
1 small onion
1 teaspoon salt
1/2 tablespoon brown sugar
1/2 bay leaf
2 cloves
bread crumbs
butter
grated cheese*

Preparation Time: 15 minutes

Bake Time: 30 minutes

Peel and dice the eggplant. Cook for 10 minutes in boiling salted water. Drain. Place in a greased baking dish.

In a saucepan, melt the butter. Add the flour and stir until blended.

Peel, slice and chop three large tomatoes (or use two cups of canned chopped tomatoes). Seed and chop one small pepper. Peel and chop one small onion. Add the vegetables to the butter mixture. Add the salt, brown sugar, bay leaf and cloves. Cook for 5 minutes. Pour over the eggplant.

Cover and top with bread crumbs. Dot with butter and sprinkle some cheese.

Bake in the oven at 350 degrees for 30 minutes.

Per Serving (excluding unknown items): 469 Calories; 27g Fat (47.0% calories from fat); 8g Protein; 60g Carbohydrate; 20g Dietary Fiber; 62mg Cholesterol; 2420mg Sodium. Exchanges: 1 Grain(Starch); 7 Vegetable; 5 Fat; 1/2 Other Carbohydrates.