

SAMSSites Recipes

Eggplant and Red Pepper Casserole

Created by me

I recently learned eggplant is good for breaking up the bad cholesterol. I have made an eggplant recipe with couscous. I decided to make it with rice.

- One eggplant
- 2 red peppers
- 1 small yellow sweet pepper
- 1/2 onion
- 2 tablespoons of coconut oil (favorite cooking oil)
- 1 1/2 cups of brown, black and red rice cooked
- 1 can of tomato sauce
- 1/2 teaspoon of cumin powder



sautee chopped up eggplant, chopped red pepper, yellow pepper and onion in the coconut oil. add rice, tomato sauce and cumin powder. Bake at 350 degrees for about 1/2 hour.

