

Magic Beginnings

Prep time: 20 minutes

Cook time: 25 minutes

Serves: 6

Ingredients:

- 2 whole eggplants, cubed
- 1 large onion, chopped
- 2 bell peppers, chopped
- 1 tablespoon garlic, chopped
- 1 teaspoon lemon pepper
- 1 teaspoon Italian seasoning
- 2 14.5 ounce cans undrained diced tomatoes
- ¼ cup extra virgin olive oil

Directions:

1. Sauté the eggplant, onion and bell pepper until almost tender in extra virgin olive oil. Add garlic and sauté until tender. Add the rest of the ingredients and simmer until the flavors blend, about 20-30 minutes. You can add garlic salt and tomato sauce if desired for more flavor and liquid.
2. Now comes the Magic! You may serve over pasta as is, or add beans, chili powder, tomato sauce, meat, etc. to make chili. Or add cooked Italian sausage and layer with pasta, mozzarella, cottage cheese, parmesan, mushrooms, etc. for baked pasta.
3. The sauce can be frozen, and you may decide what the magic is later.

Nutrition Facts: Servings: 6, Calories: 224, Carbs: 17.9g, Protein: 3.1g, Fat: 17.7g