

Tomato, Chickpea & Roasted Aubergine Stew (Soup or Curry)



This is a delicious, hearty, healthy and super delicious recipe, which is made with tomatoes, chickpeas and roasted aubergine. It isn't too spicy and is the perfect comfort food.

Ingredients

3 bay leaves

5-6 cloves

4 cardamom pods

1 tsp cumin

1 cinnamon stick

1 large onion, chopped

2 tins chopped tomatoes or 8-10 fresh tomatoes

2 tins chickpeas, rinsed & drained

200ml boiling water

2 aubergines, chopped into 1" pieces

1 tsp salt

Chilli powder to taste

1 tbsp ground ginger or cumin seeds, dry roasted and crushed
½ tsp ground cinnamon
Handful fresh coriander, chopped

Method

- Add spices to hot oil in a pan and then add the onion.
 - Stir and cook for 8-10 minutes.
 - Add tomatoes and stir through.
 - Add chickpeas and boiling water and mix in.
 - Cover and cook on low heat for at least 30 minutes.
 - Stir and continue cooking for another 15 minutes.
 - In the meantime, drizzle some olive oil over the aubergine pieces.
 - Sprinkle some salt and pepper over them and mix through.
 - Spread on a foil-lined baking tray and roast in the oven for 20-25 minutes.
 - When the soup is cooked, add salt, chilli, ginger or cumin, cinnamon, coriander and the roasted aubergine.
 - Stir through, cover and cook for a further 10 minutes on low heat.
- Serve as it is, or eat with [naan](#), [chapati](#), garlic bread or rice.