

EGGPLANT SOUP

NL#3-18 9/28/02

2 med. carrots, thinly sliced
3/4 c. chopped onion
1 garlic clove, minced
1 tbsp. vegetable oil
1 eggplant, peeled and diced
1/4 tsp. salt
3/4 c. chopped potato
1 c. evaporated skim milk
Ground black pepper
2 c. chicken or vegetable broth

In a 3 quart saucepan, heat the oil and cook the carrot, onion and garlic over medium-high heat until the vegetables are tender, about 3 to 4 minutes. Add the eggplant, broth and salt. Bring to boiling; reduce heat. Cover and simmer about 15 minutes. Add potato and cook 15 minutes more or until potato is tender. Mash the vegetables slightly.

Stir in evaporated milk and warm through. Season to taste with freshly ground black pepper.

Makes 1 quart.