

lentil and eggplant ragu

2 c cooked green lentils (canned or cooked from 1 c dry), drained with liquid reserved

2 T coconut oil

1 Chinese eggplant, chopped into ½" pieces (about 2 cups)

¼ tsp salt

1 c chopped mushrooms

1 T coconut oil

¼ tsp salt

1 medium onion, chopped

1 T coconut oil

3 cloves garlic, chopped

½ c water

2 tsp white miso

¼ c pecans, chopped

¼ c parsley, chopped

In a large pot, fry the eggplant in 2 T coconut oil on medium heat and sprinkle with ¼ tsp salt. Fry for about 15 minutes until lightly browned. Remove from pan.

Add 1 T coconut oil to the pan, and fry the mushrooms with ¼ tsp salt until lightly browned.

Add another T of coconut oil, the chopped onion and garlic and sauté until transparent.

Add the water and miso, and mix well into a sauce.

Add the lentils and the eggplant, and cook for another 10 minutes to allow the flavours to blend. If the mixture seems dry, you can add some of the reserved lentil cooking liquid. The consistency should be stew-like.

To serve, garnish with chopped pecans and parsley.