

RECIPE OF THE WEEK: PALEO EDITION

Melanzana Riccha (Eggplant in a Meat Sauce)

Ingredients:

1lb extra lean (96%) ground beef
½ large eggplant, cut into 1-inch cubes
1 large onion, cut into 1-inch cubes
½ cup fresh chopped basil (about 15 leaves), or 1 tbsp dried basil
½ cup slivered or chopped olives
2 large tomatoes, chopped
½ small can tomato paste (85 grams)
2 cloves garlic, chopped
Salt and pepper, to taste

Instructions:

In a large skillet or wok, fry the ground beef, onions, and garlic on medium-high heat until the beef is browned, about 10 minutes. Add the remaining ingredients and stir until you have a thick, smooth texture. Cover and simmer on low-medium heat for an additional 10 minutes.

Side dishes particularly suited for this recipe include grilled peppers and tomatoes, or mashed garlic cauliflower.

Nutritional Info (per serving):

612 calories
86g protein
31g carbohydrates
8g fiber
14g sugar
15g fat

Prep Time – 25 minutes

Difficulty Level – Easy

Servings – 2

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

