

# Fragrant Vegetable Stew

Also Known As

Jhalfaraazi

Course

Stew

Yield

8 servings

Type of Food

Vegetable

Main Ingredient

Vegetable

**Comments**

Perfumed with Benali 5-spice (panch phoran), this tasty melange of vegetables is wonderful with basmati rice.

Prep Time 20 minutes

Cooking Time 1 hour

Ethnic Origin Indian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat?  Yes

Temperature

Grease Pan?  Yes

Measure

Ingredient

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Ingredient

2	Tbs.	olive oil	2	cups	cooked chickpeas - reserve liquid
1	Tbs.	panch phoran (mustard seeds, fenugreek seeds, cumin seeds, fennel seeds, nigella seeds) whole seeds not crushed	2	cups	tomato sauce
			2	Tbs.	tomato paste
			.5	tsp.	sea salt
1	tsp.	turmeric powder			
.25	tsp.	crushed red chili flakes			
1	cup	chopped red onion			
4	cloves	garlic minced			
2	cups	shredded green cabbage			
3	cups	cubed zucchini (about .25" thick)			
1		whole eggplant sliced .5" thick			

**Instructions**

In a large saucepan, saute Panch Phoran in oil until fragrant and popping.  
 Add turmeric and chili, and saute for 2 minutes.  
 Stir in onion, garlic and cabbage and cook until soft.  
 Add zucchini, eggplant, chickpeas and 1/2 cup of chickpea liquid.  
 Cook over medium heat for 10 minutes.  
 Stir in tomato sauce and tomato paste and salt.  
 Cover and cook for 40 minutes.