



Celebrating Food, Art & Culture



VEGAN EFO RIRO

10 Servings

Ingredients

For the base

- 2 cups red bell pepper, chopped
- 1 cup tomato, chopped
- 1 cup onion, chopped
- 1 tablespoon red pepper flakes
- 1 teaspoon salt

For the efo riro

- 1/3 cup vegetable oil
- 3 cups eggplant, large dice
- 1 cup onion, diced
- 4 cups spinach, blanched
- 2 tablespoons vegetable base concentrate
- 1 tablespoon madras curry powder
- 1 tablespoon nutritional yeast powder
- 1 tablespoon granulated garlic
- 2 cups water

Directions

For the efo riro base

Combine the bell pepper, tomato, onion and red pepper flakes in a food processor. Pulse until a coarse puree forms. Remove from the food processor and set aside.

For the efo riro

Heat a skillet over medium heat with vegetable oil. Add the eggplant and brown on all sides 7 to 8 minutes. Add the onion and cook until onions softened, 2 to 3 minutes.

Add the efo riro base to the skillet, stir to incorporate and cook for 5 to 6 minutes.

Add the vegetable base concentrate, curry powder, nutritional yeast and granulated garlic. Cook for 2 to 3 minutes.

Add the spinach and stir to coat. Add the water and bring the skillet to a simmer. Let simmer for 15 minutes.

Remove from the heat and serve immediately.

Sides

Roasted Sweet Potato
Steamed Brown Rice