



Chickpeas and Barley in Red Lentil and Eggplant Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barley
- 3 cups chickpeas drained and rinsed cooked (or 2 cans,)
- 1 medium eggplant peeled finely chopped
- 4 tbsp mint leaves dried fresh minced (or 2 tbsp.)
- 2 tbsp parsley fresh finely chopped
- 1 tsp ground cumin
- 1 tbsp juice of lemon

- 1 medium onion finely chopped
- 1 cup lentils dried red (masoor dal)
- 0.5 tsp pepper red
- 1.5 tsp salt to taste
- 3 tablespoons tomato paste
- 5 cups vegetable stock for part of this (may use cooking liquid from home-cooked chickpeas)

Equipment

- food processor
- pot
- blender
- stove
- immersion blender

Directions

- Add the onion and cook until lightly browned, about 4 minutes.
- Add the eggplant and cook for another 2 minutes, stirring. Turn the heat to medium-low and add the tomato paste and the lentils; stir to combine and add 4 cups of the vegetable broth and the mint. Reduce the heat and cook until the lentils are tender (20 minutes on my stove, 40 minutes according to the original recipe). When the lentils are tender, use a hand blender to blend the sauce right in the pot. If you don't have a hand blender, transfer in batches to a regular blender or food processor and blend until smooth. Return it to the pot and add the extra cup of broth (if you used a regular blender, use the water to rinse the sauce residue back into the pot). Taste and add as much salt as you like.
- Add the cumin and red pepper and stir in the drained barley and chickpeas. Simmer for 15 minutes and add lemon juice and additional salt (if needed) just before serving with parsley sprinkled on top.
- Serve over rice, if desired.

Nutrition Facts



■ PROTEIN 21.5% ■ FAT 8.15% ■ CARBS 70.35%

Properties

Glycemic Index:45.06, Glycemic Load:10.64, Inflammation Score:-9, Nutrition Score:25.0939132027%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.79mg, Apigenin: 2.79mg, Apigenin: 2.79mg, Apigenin: 2.79mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 313.76kcal (15.69%), Fat: 2.94g (4.52%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 57g (19%), Net Carbohydrates: 37.14g (13.5%), Sugar: 10.81g (12.01%), Cholesterol: 0mg (0%), Sodium: 1442.98mg (62.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.85%), Manganese: 1.65mg (82.39%), Fiber: 19.87g (79.46%), Folate: 311.15µg (77.79%), Phosphorus: 327.45mg (32.75%), Iron: 5.75mg (31.94%), Vitamin B1: 0.45mg (30.31%), Copper: 0.59mg (29.58%), Vitamin K: 29.57µg (28.16%), Magnesium: 105.16mg (26.29%), Potassium: 867.46mg (24.78%), Zinc: 3.16mg (21.04%), Vitamin B6: 0.41mg (20.62%), Vitamin A: 798.39IU (15.97%), Selenium: 9.22µg (13.17%), Vitamin C: 10.19mg (12.35%), Vitamin B3: 2.4mg (12%), Vitamin B5: 1.16mg (11.6%), Vitamin B2: 0.19mg (11.14%), Calcium: 81.98mg (8.2%), Vitamin E: 1.14mg (7.62%)