Blue Zones Project®

# Thai Eggplant Mushroom Stew

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Plant Based Instant Pot

## Ingredients:

1/2 c water
1 1/2 c chopped onion
1 tsp minced garlic
2 c chopped mushrooms
14 oz can full fat coconut milk
1/3 c fresh cilantro
1/4 c nutritional yeast
1 tbsp grated ginger
2 tsp chopped jalapeño
2 c chopped eggplant
1/4 tsp ground coriander
1/4 tsp ground cumin
1/8 tsp black pepper
3 c chopped mushrooms
16 oz block extra firm tofu cubed

4 c cooked red or brown rice

Brought to Hawaii by **HMSA**

## Directions:

1. Add the water and onion to pot and use saute function. Cook until onions are translucent. Add garlic and mushrooms. Cook until mushrooms have released all their liquid. Turn off the heat.
2. Add coconut milk, cilantro, yeast, ginger, jalapeño, coriander, cumin, and pepper to blender and blend until smooth. Taste and add more spice if desired.
3. Add the sauce, eggplant, mushrooms, and tofu to the onion-mushroom mixture. Cover and cook on high pressure for 15 minutes.
4. Manually release the pressure. Serve over a bed of steamed rice.

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