

# Samfaina

written by admin | October 17, 2011



Samfaina (sam-FINE-nah) is a mixture of onions, garlic, eggplant, peppers, tomatoes and zucchini. It makes a filling vegetarian meal all by itself, but the versatile samfaina, can be added to a tortilla, served as a side dish or enjoyed over grilled bread. A delicious, healthy, easy to prepare meal.

## **Equipment:**

Chopping board  
Large nonstick skillet

## **Ingredients:**

2 Tbsp olive oil  
3 cups onion, coarsely chopped  
5 cups eggplant, peeled and (1-inch) cubed (about 1 pound)  
2 cups zucchini, (1/2-inch) cubed (about 1/2 pound)  
1 cup red bell pepper, chopped  
1 1/2 Tbsp garlic, minced (about 7 cloves)  
2 1/2 cups tomato, peeled, seeded and chopped (about 1 1/2 pounds) (I didn't peel and seed my tomatoes)  
2 Tbsp fresh parsley, chopped  
1 tsp fresh thyme, chopped (I used 1/3 tsp dried thyme)  
1 tsp sea salt  
1 tsp paprika  
dash of cayenne (optional)

**Directions:**

1. Heat oil in a large nonstick skillet over medium heat. Add onion to pan; cook 10 minutes or until tender, stirring occasionally.
2. Stir in eggplant, zucchini, bell pepper, and garlic; cook 5 minutes, stirring frequently.
3. Stir in tomato, parsley, and thyme. Cover, reduce heat, and simmer 5 minutes. Uncover and simmer 10 minutes or until vegetables are tender and liquid evaporates.
4. Stir in salt, paprika, and cayenne; cook 1 minute.

from *"Cooking Light"* magazine, May 2008