

Creamy Spiced Eggplant Soup

written by The Recipe Exchange | June 4, 2015

Ingredients

1/4 cup plain yogurt
1 Tbls. minced tomato
1 Tbls. minced red bell pepper
1 1/2 lb. eggplant – halved lengthwise
salt – to sprinkle
olive oil – for brushing
1 Tbls. olive oil
3 cloves garlic – crushed
2 cups chopped onion
1 tsp. salt
1/2 tsp. black pepper
2 cups vegetable broth
3 Tbls. sour cream
2 Tbls. tahini – see Notes, below
1/4 tsp. cayenne
1/4 tsp. ground cumin
1/4 cup minced fresh parsley

Directions

Stir together yogurt, tomato, and bell pepper; refrigerate until needed.

Lightly salt eggplant and allow to sit for 15 minutes.

Rinse and pat dry eggplant.

Brush the cut sides with olive oil and lay, cut sides down, on a cookie sheet.

Bake in a 375 degree oven for 35 minutes.

Scoop out the eggplant pulp and discard the skins.

Saute garlic and onions in 1 Tbls. oil until onions caramelized.

Season with salt and pepper.

Puree eggplant pulp, broth, and caramelized veggies in a blender.

Heat mixture, then whisk in sour cream, tahini, cayenne, and cumin until smooth.

Simmer, covered, for 30 minutes.

Stir in parsley, portion into bowls, and spoon a bit of yogurt mixture on top of each bowl.