

Biryani with Eggplant, Tomatoes, and Peppers

Serves 6

Ingredients:

1 package **Wellness Forum Health's Biryani mix**

1 medium yellow onion, diced

3/4 pound eggplant, cut into 3/4 inch cubes

One 15-ounce can diced tomatoes

1 jalapeno pepper, minced-optional

1 cup chopped cilantro for garnish

Instructions:

- Prepare the Wellness Forum Health Biryani mix according to package instructions.
- While it cooks saute the yellow onion in a large saucepan over medium heat for 7 to 8 minutes, until the onions are tender and start to brown.
- Add water 1 to 2 tablespoons at a time, as needed, to keep the onions from sticking to the pan.
- Add the eggplant, diced tomatoes and jalapeno pepper, and cook until the eggplant is tender, another 6 to 7 minutes.
- Add the prepared Biryani and cook another 5 minutes.
- Serve garnished with the chopped cilantro.