



# Eggplant and Pepper Dip



## Ingredients:

- 1 eggplant (large)
- 2 bell peppers – any color
- 1 onion (small)
- ¼ teaspoon garlic powder
- 2 tablespoons vegetable oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¼ teaspoon salt

**Seasonal  
and Simple**

A program of University  
of Missouri Extension



8 servings

**See instructions on reverse.**

Source: [seasonalandsimple.info](http://seasonalandsimple.info)

## Eggplant and Pepper Dip continued

### Instructions:

1. Use a vegetable peeler to remove the peel from the eggplant.
2. Chop the eggplant into 1-inch cubes.
3. Chop the bell peppers.
4. Peel and chop the onion.
5. Put all the ingredients in a large bowl. Stir together.
6. Spread the ingredients on a baking tray.
7. Bake at 400° F for 45 minutes. While the dip is baking, stir it a few times.
8. When the eggplant is lightly browned and soft, take the dip out of the oven.
9. Let the dip cool for at least 10 minutes.
10. Put the dip in the blender. Blend until smooth.
11. Serve the dip cold or at room temperature.

