

Vegetarian Stuffed Eggplant

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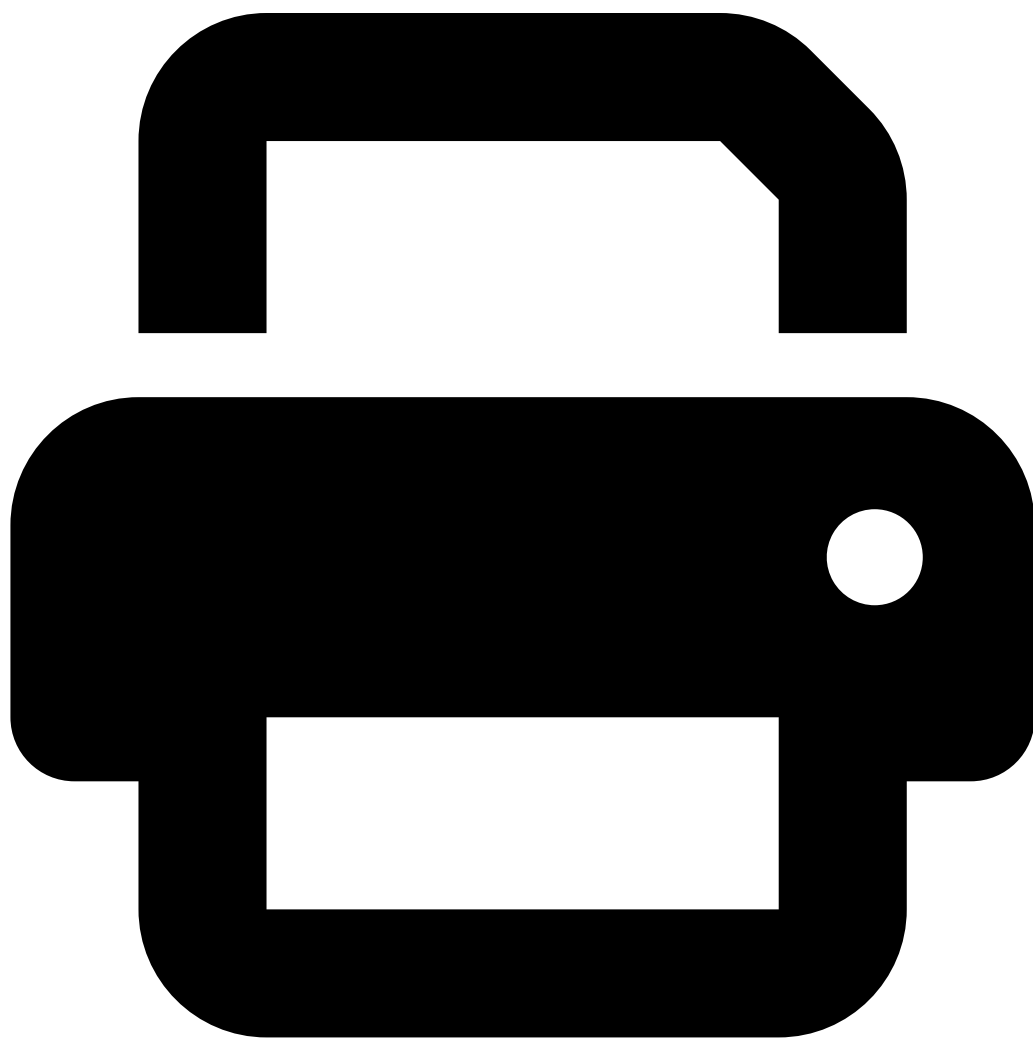
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This vegetarian stuffed eggplant dinner can be on your table in less than an hour. Yep a restaurant quality dinner without leaving home.

The hardest part about this recipe is coring the eggplant, and that's not even that difficult if you use a sharp paring knife or you can scoop it out with a spoon. Roasting the eggplant shells before filling softens them and produces a caramelized outer skin from the , garlic and oil rub.

I like to use my Cuisinart toaster oven to roast the eggplant, so I don't have to heat up my whole house by using my large wall ovens.

In this vegetarian eggplant recipe you can use pre cooked rice or cook the rice according to package directions. The same goes for the marinara sauce. Make my real easy marinara sauce or use your favorite store bought brand.

Things to Know About This Vegetarian Stuffed Eggplant recipe

This recipe works best with small, tender eggplants. They're the perfect size for stuffing and become deliciously soft when roasted while still holding their shape. Make sure to scoop out enough flesh to create a nice cavity for the filling, but leave enough around the edges so the eggplant shells stay sturdy. The filling is hearty, flavorful, and satisfying—perfect for a light main or side dish.

These stuffed eggplants are also great for meal prep. You can assemble them a day in advance and keep them covered in the fridge until you're ready to bake. They also freeze beautifully—just cool completely, wrap tightly, and freeze for up to 2 months. Reheat in the oven until warmed through for a quick, comforting meal anytime.

If you make this vegetarian stuffed eggplant recipe, please leave a comment and don't forget to tag me on Instagram—that's my favorite part!

Vegetarian Stuffed Eggplant



- 4 medium eggplant
- 2 cups cooked brown rice

- 3 cups prepared marinara sauce divided
- 1 chopped onion
- 3 tbsp chopped garlic
- 2 cups chopped spinach
- 1 cup parmesan cheese
- 1 tbsp each Italian parsley, basil, and thyme
- salt and pepper to taste
- $\frac{1}{4}$ cup olive oil

1. Turn oven to 375 degree
2. Slice eggplants in half with a spoon remove insides
3. Rub eggplant shells with olive oil, garlic, salt and pepper
4. Roast eggplant in preheated oven for 15 minutes
5. Mean while cut inside of eggplant into medium cubes
6. Saute onion and garlic until limp
7. Add eggplant saute until eggplant is soft
8. Mix in prepared rice, spinach, and Parmesan cheese
9. Divide filling among the 8 eggplant half's
10. Line the roasting pan with 1 cup prepared marinara sauce
11. Place the eggplant on top of the marinara sauce
12. Top each eggplant half with remaining 2 cup marinara sauce and additional parmesan
13. Return to oven bake covered for an additional 30 minutes.