

Easy stove top eggplant caponata

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Stove top Eggplant caponata is an easy to make classic Italian dish that's packed with chunks of eggplant, tomatoes, onions and herbs. It can be enjoyed as a dip, with bruschetta, a side dish, great served over grilled meats, or served as a pasta sauce. My mom would make eggplant caponata every summer using fresh produce from the garden.

Like many Italian dishes, there are as many version of caponata as there people that make it- each with their own twist. Some fry the eggplant for a richer flavor, others roast it for a smoky depth, and some (like me) keep it simple with a stove top simmer. Some recipes add raisins, others include pine nuts for a bit of crunch or bell peppers for a pop of extra color.

Why you will love this easy stovetop eggplant caponata

This eggplant caponata is the perfect balance of sweet, sour and savory flavors. It's incredibly versatile- serve it as a side dish, spread it on crusty bread, serve it over pasta, or even as a topping for grilled fish or chicken. Plus it's a great make- ahead option since the flavors only get better as it sits. Using fresh summer produce makes it a vibrant and wholesome addition to any meal. And with so many variations , you can easily customize it to fit your taste.

Whether you to tradition or add your own twist, this easy stovetop eggplant caponata is a delicious way to savor the best of summer's produce. It also stores beautifully- keep it an airtight container in the fridge for up to a week. For longer storage caponata is freezer friendly up to three months, making it a perfect make -ahead option.

Make a batch, let the flavors meld , and enjoy it with family and friends. If you give this recipe a try , let me know in the comments how it turns out for you or tag me on Instagram – I'd love to see your version and it helps others. THANKS!!!!

Ingredients

- 1 medium eggplant cut into medium dice
- 2 Tbsp. olive oil + 2 cups for frying the eggplant
- 1 cup chopped onions
- 1 tbsp. minced garlic
- 4 cups chopped tomatoes
- 1 cup my easy marinara sauce
- 1 cup chopped celery
- 1 cup kalamata olives
- 1/2 cup red wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. capers
- 1/2 cup pine nuts
- 1/2 cup torn basil leaves
- salt and pepper to taste

Instructions

1. In a large saute pan over medium high heat add the frying oil add the diced eggplant and fry until golden . Remove and set aside on paper towels. Remove the frying oil from the pan and add the 2 Tablespoons of the olive oil/ lower the heat
2. Add the onions and garlic cook until soft and

translucent

3. Add the tomatoes and cook until the tomatoes burst.
4. mix the sugar with the vinegar and add to the tomato mixture along with the marinara sauce let it simmer for 15- 20 minutes. Then add the fried eggplant, olives and capers simmer an additional 5 minutes.
5. Add in the basil. ENJOY!!!!!!