Eggplants (Aubergines) and Rice

2-3 Medium Aubergines
1 lb Ground Meat
1 Medium Onion – chipped
1 Bell Pepper (Red or Orange) – chopped
2-3 Cloves Garlic – chopped
Cooked Rice

Peel and cut Aubergines into ½” cubes and boil put aside.

Brown Meat put aside

Sauté Vegies add Meat season with Salt, Black Pepper and Tony’s

Drain and mash Aubergines with potato masher.

Combine with Meat and simmer for about 30-45 mins.

Serve over Rice!