

Aunt Mary39s Eggplant Balls

Savannah · 28/09/2024



Prep Time

20 mins

Dificult

Medium

Servings

1 hr 20 mins

Description

These hearty delicious eggplant meatballs can be used as a vegetarian replacement for real meatballs or they can be formed into patties and cooked like burgers

Ingredients

- - 3 tablespoons olive oil - 3 cloves garlic
- minced - 4 cups cubed eggplant
- with peel - 1 tablespoon water - 1 cup chopped fresh parsley - $\frac{3}{4}$ cup dry bread crumbs
- or more as needed - $\frac{1}{2}$ cup grated Parmesan cheese - 2 large eggs
- beaten

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Heat oil in a medium skillet over medium heat. Add garlic and sauté until fragrant
2. about 1 minute. Dotdash Meredith Food Studios Stir in eggplant and water. Reduce the heat to low
3. cover
4. and steam until eggplant is soft
5. about 20 minutes. Dotdash Meredith Food Studios Transfer to a large bowl and let cool for 5 to 10 minutes. Dotdash Meredith Food Studios Add parsley
6. bread crumbs
7. Parmesan
8. and eggs to eggplant; mix with a wooden spoon or your hands until thoroughly combined and mixture can be rolled into balls. Add more bread crumbs as needed to make mixture workable. Cover and refrigerate for 15 minutes. Dotdash Meredith Food Studios Preheat the oven to 350 degrees F (175 degrees C). Grease a baking sheet. Roll chilled eggplant mixture into 18 balls; place onto the prepared baking sheet. Dotdash Meredith Food Studios Bake in the preheated oven for 30 minutes. Serve immediately. Dotdash Meredith Food Studios