DietCloud – Recipe

Recipe Name: Greek Style Briami Recipe (Simple Vegetable Stew Recipe)

Diet Type: Vegetarian

Course: Main Course

Cuisine: Greek

Quantity:



Ingredients

Ingredient	Quantity
• 1 Green zucchini - cut into wedges	4
• 1 Brinjal (Baingan / Eggplant) - cut into wedges	
• 2 Potatoes (Aloo) - diced	
• 2 Carrots (Gajjar) - diced	
• 2 Onions - sliced	
• 1 cup Cauliflower (gobi) - cut into small florets	
• 1/2 cup White broad beans - soaked over night	
• 5 Tomatoes - pureed	
• 4 cloves Garlic - chopped	
• 2 Stalks Celery - chopped	
• 2 sprig Parsley leaves - finely chopped	
• Black pepper powder - to taste	
• Salt - to taste	
• 2 tablespoons Extra Virgin Olive Oil - for cooking	

Preparation

• We begin making the Greek Style Briami Recipe (Simple Vegetable Stew Recipe) by prepping all the ingredients first and keep it ready.
• Boil the tomatoes in a pressure cooker for 2 whistle and puree them.
• Heat a kadai or a deep pan with olive oilAdd garlic and chopped onions and saute for a while until the onions are caramelized.

• This will take a good 5 -7 minutes.
• In the meantime, pressure cook the white beans in a pressure cooker for 4 whistles and simmer for 15 more minutes.
• Release its pressure naturally and keep it aside.
• Back into the pan where the potatoes and carrots are being cooked, add the eggplant, zucchini and

cauliflower.
• Cook till the eggplants are soft.
• Add the pureed tomatoes and cooked white beans.
• You can add some water to adjust the consistency of the stewSeason it with salt and pepper and simmer for 20 minutes by covering it with a lid.
• Turn off the heat after 20 minutes and your Greek Style Briami is ready to be served.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)