

## *Rice with eggplant sauce enriched with soy*

### *Ingredients for 10 ration recipients*

- 1500 g of rice
- 400 g of fresh eggplants
- 200 g of cooked soy flour
- 300 g of small pieces of fish
- 100 g of tomatoes
- 100 g of onions
- Fresh chili (optional)
- 100 g of oil
- 10 à 20 g of iodized salt



### Preparation of the rice

1. Wash and drain the rice
2. Boil 2 liters of water in a pot, add the rice and stir
3. Close lid and cook for 10 minutes
4. Stir again and cook over low heat for 20 minutes

### Preparation of the sauce

1. Wash the eggplants, the tomato and cook in boiling water for 15 minutes
2. Remove and crush them well
3. Fry the onions and the small pieces of fish in a pot containing the oil for 5 minutes.
4. Add the soy flour previously diluted in a quarter-liter of water. Then put 1 liter of water to cook the sauce.
5. Cook for 20 minutes and add the paste of the mashed vegetables and boil for 5 minutes
6. At the end of the cooking, remove the sauce from heat and add the iodized salt
7. Serve.

