Eggplant Chickpea Curry

1 large eggplant with no bruises, cut into medium/large cubes
1 large onion diced small
1 large red bell pepper diced small
1 can chickpeas drained 13.5oz
1 can unsalted diced tomatoes 14.5oz
1 can coconut milk 13.5oz
1 cup finely chopped parsley/cilantro
Olive oil

2 teaspoons garam masala
2 teaspoons cumin seeds (or ground)
2 teaspoons turmeric
1 teaspoon salt
1 teaspoon cayenne pepper
1 teaspoon ground cinnamon
2 teaspoons ground coriander
2 teaspoons smoked paprika
1 tablespoon fresh garlic diced
1 tablespoon fresh ginger diced
Curry powder for eggplant

Rinse, then slice the eggplant into medium to large cubes. Place on baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with sea salt, pepper, and curry powder. Bake in preheated 400-degree oven for 45 minutes.

In a large skillet, heat up then add olive oil, onions and peppers. Stir for 3-4 minutes then add garlic and ginger until blended. Add spices and stir. Then canned tomatoes and stir. Add drained chickpeas and coconut milk then stir.

Bring to low heat and simmer for 15 minutes. Remove from heat, stir in the eggplant and let rest for 10-15 minutes. Serve with basmati rice and your choice of Indian bread. Sprinkle the parsley/cilantro over top of your serving.