

Easy Ratatouille

Ingredients:

1 large eggplant, peeled, diced into ¼ to ½ inch pieces
1 large yellow onion, peeled, chopped into ¼ inch pieces
2 zucchinis, diced into ½ inch pieces OR 2 cups frozen zucchini
1 bell pepper, cored, seeded, diced into ¼ inch pieces
3 ½ cups canned, diced tomatoes, low-sodium, including the juice
2 cloves garlic, peeled, minced
1 tablespoon vegetable oil
½ teaspoon thyme
½ teaspoon dried oregano
½ teaspoon basil
½ teaspoon Creole seasoning

Instructions:

1. Wash vegetables thoroughly.
2. Peel, chop and dice all vegetables.
3. Start by heating the oil in a large stock pot over medium heat.
4. Add the chopped onion and bell pepper. Cook until they are clear or translucent in color, about 10 minutes.
5. Add garlic, eggplant, zucchini and tomatoes. Add thyme, oregano, basil and creole seasoning.
6. Stir all ingredients together. Reduce the heat, cover and let simmer for 30-45 minutes.

Source: LSU AgCenter

Serves: 8

Prep Time: 10 min

Cook Time: 40-55 minutes

Nutrition Facts

8 servings per container

Serving size 1 cup

Amount per serving

Calories 80

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 14g 5%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 44mg 4%

Iron 1mg 6%

Potassium 324mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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