

Ratatouille



Recipe credit

Adapted from the United States Department of Agriculture's [Ratatouille](#)

About this recipe

Serves

8

Serving size

1/8 of prepared recipe

Time to make

15 minutes preparation; 30 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 2 tablespoons vegetable oil
- 1 yellow onion, sliced
- 3 garlic cloves, minced
- 2 bell peppers (green, red, or yellow)
- 1 eggplant, peeled and cut into 1-inch cubes
- 1 15-ounce can diced tomatoes, undrained (low-sodium)
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- 1/2 cup parsley, chopped

Directions

1. Heat oil in a large saucepan and saute onion, garlic, bell peppers and eggplant until tender, about 15 minutes.
2. Add tomatoes and basil, cook about 10 minutes.
3. Add pepper and parsley before serving.
4. Serve hot.
5. Cover and refrigerate within 2 hours.

Tips and variations

- You can also add 1-2 medium zucchini, chopped into 1-inch pieces, at the same time you saute the other vegetables.
- Consider using a bag of frozen vegetables. It will be more economical than fresh vegetables and contain less sodium than canned vegetables.

Nutritional info

There is no nutritional information available at this time.

Calories

70

Total fat

2 g

Saturated fat

0 g

Sodium

16 mg

Total carbohydrates

13 g

Dietary fiber

4 g

Protein

2 g

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