

Ratatouille

By: The Complete Slow Cooking for Two, Linda Larsen

Ingredients:

Nonstick cooking spray
1 onion, chopped
3 garlic cloves, sliced
1 eggplant, cut into 1" pieces
2 carrots, peeled and cut into chunks
1 cup sliced cremini mushrooms
2 large tomatoes, seeded and chopped
1 tbsp. extra virgin oil
1/4 cup tomato paste
1 (8 oz.) can tomato sauce
1 tsp salt
1/2 tsp dried basil leaves
1/2 tsp. dried thyme leaves
1/4 tsp. freshly ground black pepper
1 bay leaf
1/3 cup grated Parmesan cheese

Instructions:

1. Spray the crockpot with nonstick cooking spray or coat with olive oil
2. In the crockpot, combine the onion, garlic, eggplant, carrots, mushrooms and tomatoes. Drizzle the olive oil over everything.
3. In a small bowl, mix the tomato paste, tomato sauce, salt, basil, thyme and pepper to dissolve the tomato paste.
4. Pour the mixture into the crockpot and add the bay leaf.
5. Cover and cook on LOW for 8 hours, or until the vegetables are tender.
6. Remove and discard the bay leaf, stir in the Parmesan cheese (or serve as a side).
7. Serve

Serves: 9 (3/4 cup) servings

Calories: 61

Total Fat: 2g; Sat. Fat: 0g, Cholesterol: 0g; Carbohydrates: 11g; Fiber: 4g; Protein: 2g

Gluten-Free, Soy-Free, Nut-Free, Vegetarian (omit cheese and then Vegan)

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