

Italian Layered Vegetable Casserole

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-layered-dip-recipe>

Ingredients:

- 2 eggplants medium
- 1 medium zucchini large or 2, sliced thinly, or 2-4 cups sliced vegetables of your choice, such as mushrooms
- chopped parsley garnish, optional
- 1/2 onion small, minced
- 2 cloves garlic minced
- 28 ounces diced tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 teaspoon ground black pepper
- 1 teaspoon sugar or other sweetener, optional
- 1/2 teaspoon salt or to taste
- 15 ounces great northern beans rinsed and drained
- 1 tablespoon nutritional yeast
- 1 teaspoon basil
- 1/2 teaspoon oregano
- 1/8 teaspoon cayenne
- 1/2 teaspoon salt or to taste
- 1 cup spinach firmly packed

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 36 grams
3. Fiber: 13 grams
4. Protein: 11 grams
5. Sodium: 460 milligrams

6. Sugar: 10 grams

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