

Ratatouille

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/ratatouille-recipe-india>

Ingredients:

- 1 1/4 pounds eggplant cut into 1/3-inch cubes
- salt
- 6 tablespoons extra-virgin olive oil plus more for serving
- 2 medium zucchini about 1 lb, cut into 1/3-inch cubes
- 1 yellow onion medium, finely chopped
- 1 Orange or yellow bell pepper, cut into 1/4-inch dice
- 5 cloves garlic chopped
- 5 tomatoes
- 1 3/4 pounds juices
- 1 tablespoon tomato paste
- 2 teaspoons thyme fresh chopped, plus more for serving
- 3/4 teaspoon sugar
- 1/4 teaspoon crushed red pepper flakes optional
- 3 tablespoons fresh basil chopped

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 27 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 125 milligrams
8. Sugar: 14 grams

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