

# Ratatouille Soup

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/ratatouille-soup-recipe-south-africa>

## Ingredients:

- 3 tablespoons olive oil
- 2 garlic cloves minced
- 1 eggplant peeled and cut into small cubes
- 1 zucchini chopped
- 1 yellow onion quartered
- 1 red bell pepper seeded and chopped
- 4 tomatoes large, peeled and quartered
- 3 cups chicken broth
- freshly ground pepper
- salt
- 4 tablespoons fresh basil minced

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 23 grams
3. Fat: 12 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 270 milligrams
8. Sugar: 10 grams

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