

# Italian Sausages with Ratatouille

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-caponata-recipe-fresh-tomatoes>

## Ingredients:

- olive oil
- 1 chopped onion medium, roughly chopped
- 2 cloves garlic thinly sliced
- 1/2 pound zucchini cut into 1/2-inch dice
- 1 eggplant small, unpeeled, cut into 1/2-inch dice, 1 lb or less
- 1/2 red bell pepper cut into 1/2-inch dice
- 1/2 green bell pepper cut into 1/2-inch dice
- 1/2 yellow bell pepper cut into 1/2-inch dice
- 1 pound fresh tomatoes skinned and chopped, or 1 14.5-oz can diced tomatoes
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes
- 3/4 pound italian sausages sweet or old fashioned, you can use hot, but if you do, don't add the red pepper flakes
- 4 sprigs thyme
- 1 sprig rosemary

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 65 milligrams
4. Fat: 31 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 10 grams
8. Sodium: 1540 milligrams
9. Sugar: 10 grams

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