

# Slow-Cooker Ratatouille

Yield: 9 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/white-eggplant-recipe-indian>

## Ingredients:

- 2 pounds eggplant cut into 1/2 inch pieces
- 3 zucchini about 8 oz each, quartered lengthwise and cut into 1 inch pieces
- 2 red bell peppers stemmed, seeded, and cut into 1/2 inch pieces
- 2 onions roughly chopped
- 6 tablespoons extra virgin olive oil
- 1 tablespoon sugar
- 4 garlic cloves minced
- 2 teaspoons Herbs de Provence
- 28 ounces diced tomatoes drained
- 1/4 cup all purpose flour
- salt and pepper
- 1 tablespoon balsamic vinegar
- 1/4 cup grated Parmesan cheese
- 1/4 cup fresh basil chopped

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 160 milligrams
9. Sugar: 10 grams

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