

Vegetable Ragout (Ratatouille)



Makes:

4 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

7" Santoku Knife

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Recipe:

Contributed By:

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Authorized Saladmaster Dealer

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- 1 small eggplant
- 1 medium onion, sliced, use Cone #4
- 2 - 8 cloves garlic, shredded, use Cone #1
- 4 medium tomatoes, quartered or sliced
- 1 medium zucchini, diced into cubes (or processed, using Cone #3)
- 1 medium green bell pepper, cut into strips
- ¼ cup minced parsley
- (15 g) 1 tablespoon salt
- (18 g) ¼ tablespoon pepper
- (1.5 g) 2 - 4 cups cooked cannellini beans (optional)
- (354 - 708 g)

Directions:

1. Cut eggplant into ½-inch cubes. Set aside.
2. Preheat skillet on medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onion and garlic and cook until tender.
3. Add all remaining ingredients, cover and cook. When Vapo-Valve™ clicks, reduce heat to low.
4. Simmer, stirring occasionally, until vegetables are crisp-tender, approximately 10 minutes.
5. Garnish with fresh herbs, if desired, and serve.

Nutritional Information per

▼ Serving

Calories: 85

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 1758mg

Total 19g

Carbs:

Dietary Fiber: 8g

Sugar: 9g

Protein: 4g

Analysis does not include cannellini beans