

Summer Garden Ratatouille



Sirve:

6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
small mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

This simple and hearty one pan meal is a class dish from southern France. There are many variations found in Mediterranean cuisine; have fun varying herbs and spicing it up to suit your tastes.

1 medium
onion, strung, use Cone #2
3 cloves garlic, shredded, use Cone #1
1 red or orange bell pepper, medium dice
1 pound
eggplant, peeled, medium dice
(454
g)
½ teaspoon
dried oregano, crumbled
(.5
g)
½ teaspoon
dried thyme
(.5
g)
1 teaspoon
natural salt
(6
g)
1½ pounds
yellow squash and zucchini, medium dice
(680
g)
2 cups
ripe tomatoes, coarsely chopped, with juices
(360
g)
¼ cup
tomato paste

(66
g)
3 tablespoons
balsamic vinegar
(45
mL)
¼ cup
fresh basil leaves, chopped
(11
g)
3 ounces
fresh Mozzarella cheese
(85
g)

Preparación :

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add onions and garlic and sauté for 2 - 3 minutes until softened.
2. Add peppers, eggplant, oregano, thyme and salt. Continue sautéing for 2 minutes until eggplant is slightly softened.
3. Add squash and tomatoes. Stir all ingredients until combined and cover.
4. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 15 minutes until vegetables are soft but still hold their shape.
5. In a small bowl, combine tomato paste and balsamic vinegar. Add mixture and chopped basil to roaster and stir to combine. Cook for 2 - 3 minutes.
6. Taste and adjust seasonings if necessary.
7. Serve ratatouille warm as is or place sliced mozzarella cheese on top of ratatouille, cover roaster and cook for 2 - 3 minutes until cheese is soft.

Consejos:

- Add additional vegetables: mushrooms, fennel or green beans.
- Spice up your ratatouille with ¼ teaspoon crushed red pepper flakes or 1 - 2 minced jalapeño peppers.
- Substitute fresh diced tomatoes for one 28-ounce can of diced tomatoes or plum tomatoes.
- Add 2 cups of cooked chickpeas for a heartier entrée style meal.
- Serve over couscous, pasta or rice.
- Warm up ratatouille and poach an egg in the stew for a delicious brunch or luncheon dish.

Información nutricional por ración

Calorías: 117
Grasa Total: 3g
Grasa 2g
Saturada:
Colesterol: 5mg
Sodio: 514mg
Carbohidratos: 18g
Fibra 6g
Dietética:
Azúcar: 10g
Proteína: 7g