

Cremini Ratatouille - Vegan - SOS

Prep Time: 25 minutes
Cook Time: 1 hour, 15 minutes
Total Time: 1 hour, 40 minutes

Serving Size: 2
Calories per serving: 182
Fat per serving: 1.8 grams

www.DrFuhrman.com, by Joel Fuhrman, M.D.

Ingredients

- 1 medium onion, thinly sliced
- 2 garlic cloves, chopped
- 2 large tomatoes, chopped
- 1 medium eggplant, cut into 1 inch dice
- 1 medium zucchini, sliced crosswise 1 inch thick
- 10 ounces cremini or other mushrooms, sliced
- 1 medium red pepper, cut into 1 inch pieces
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon Dr. Fuhrman's MatoZest (or other no-salt seasoning blend)
- 1 tablespoon balsamic vinegar
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Instructions

1. Heat 1/8 cup water in a large deep skillet. Water sauté the onion until softened, about 3 minutes.
2. Add the garlic and cook for 1 minute, adding more water as necessary to keep from scorching.
3. Reduce the heat to moderately low and add the tomatoes, eggplant, zucchini, mushrooms, red pepper and seasoning.
4. Cover and cook, stirring occasionally until vegetables are very tender, about 1 hour. Stir in balsamic vinegar.
5. Serve warm or at room temperature.

Notes

Nutrition facts (per serving): Calories: 182, from fat: 0, total fat: 1.8g, cholesterol: 0mg, sodium: 40mg, total carbohydrate: 39g, fiber: 15.9g, sugar: 11g, protein: 14g.