

# Vegetable Delight Ratatouille

Low Calorie Low Carb Recipes

*By Hermine*



Prep all ingredients before starting—chop garlic fine and slice onions.

Dice vegetables into chunks, cube size.



3 Yellow Squash • 3 Zucchini • 1 Eggplant • 1 Green Pepper • 1 Red Pepper



2 Tomatoes • 1 Large can of crushed Tomatoes • 1 Head Garlic • 3 Large Onions



Heat 2 tablespoons of oil in a large 5qt. casserole pan or saucepan over a medium heat. Add the chopped garlic and onions and fry until golden brown. Add the green and red pepper and steam cook for about 5minutes



**Add yellow squash and green zucchini cover and steam cook for about 5 minutes or until softened, but not cooked through. .**



**To the pan, add Eggplant cover and steam cook about 5 minutes  
Add 2 diced tomatoes cover and steam cook for about 5 minutes**



**Pour off formed liquid.**



**Add 1 can crushed tomato**



**Mix well, season with Mrs. Dash<sup>®</sup> Original Blend. Cover the pan and simmer over a low heat for 5 minutes, cook until soft. Do not overcook.**