



Slow-Cooked Ratatouille Over Goat Cheese Polenta

 Popular

READY IN



2700 min.

SERVINGS



8

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes whole peeled canned
- 1.5 teaspoons coarse salt
- 2 large eggplant peeled cut into 1/2-inch pieces (10 1/2 cups)
- 0.3 cup flour all-purpose
- 1 cup basil fresh coarsely chopped
- 1 tablespoon thyme sprigs fresh finely chopped
- 3 tablespoons garlic finely chopped

- 0.5 cup goat cheese fresh
- 1.5 cups cornmeal instant (not)
- 6 cups chicken stock low-sodium
- 0.3 pound parmesan packed freshly grated
- 10 pepper black
- 2 bell pepper red cut into 1/2-inch pieces (3 cups)
- 3.5 cups onion red small to medium halved thinly sliced
- 0.3 cup tomato paste
- 0.5 stick butter unsalted
- 3 medium to 3 sized squashes yellow cut into 1/2-inch pieces (6 1/2 cups)

Equipment

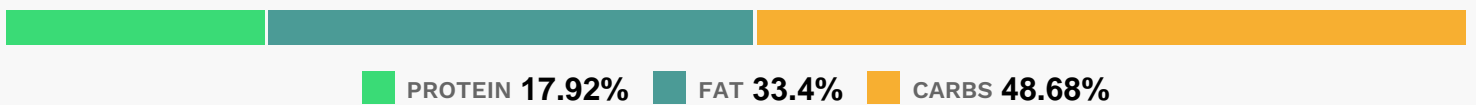
- bowl
- frying pan
- sauce pan
- ladle
- whisk
- wooden spoon
- kitchen towels
- slow cooker
- colander

Directions

- Make the Ratatouille
- Grease the slow cooker with cooking spray.
- Place the eggplant and zucchini in a large colander and toss well with 3 tablespoons of the salt; let sit for about 45 minutes. Rinse well to remove the salt, then dry well, gently squeezing out excess water with a kitchen towel.
- Add to the greased slow cooker.

- Heat 2 tablespoons of the butter in a 10-inch, heavy sauté pan over medium-high heat. When warm, add the onions, bell peppers, and garlic and sauté until the vegetables are softened, about 8 minutes.
- Transfer to the slow cooker. Reduce the heat to medium and add the remaining 1 tablespoon of butter. As soon as it melts, add the flour and tomato paste, and cook until the mixture is thickened and the flour disappears, about 1 minute. Increase the heat to medium high and add the tomatoes with their juices, thyme, and pepper. Cook, crushing the tomatoes a bit with a wooden spoon, until thickened and smooth, about 6 minutes.
- Mix with the vegetables in the slow cooker. Cover the slow cooker and cook on low until the vegetables are tender, 4 to 5 hours. Uncover and remove from the heat; immediately stir in the cheese and basil.
- Make the polenta
- While the ratatouille is cooking, add the stock and salt to a medium, heavy saucepan and bring to a boil over medium-high heat. Once boiling, gradually whisk in the cornmeal. Reduce the heat to low, and cook, stirring every 3 minutes, until creamy and thickened, 30 to 35 minutes.
- Remove from the heat and stir in the butter, cheese, and pepper.
- To serve
- Ladle polenta into individual bowls, spoon ratatouille on top, and serve immediately.
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Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:19.63, Inflammation Score:-10, Nutrition Score:28.023478300675%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg

Nutrients (% of daily need)

Calories: 409.56kcal (20.48%), Fat: 15.99g (24.6%), Saturated Fat: 8.83g (55.16%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 41.58g (15.12%), Sugar: 14.23g (15.81%), Cholesterol: 31.35mg (10.45%), Sodium: 985.74mg (42.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.61%), Vitamin C: 72.17mg (87.48%), Manganese: 1.11mg (55.71%), Fiber: 10.84g (43.38%), Vitamin B6: 0.85mg (42.36%), Vitamin A: 1987.84IU (39.76%), Phosphorus: 379.05mg (37.91%), Potassium: 1203.04mg (34.37%), Vitamin B3: 6mg (30.02%), Calcium: 292.15mg (29.22%), Copper: 0.58mg (29.04%), Vitamin B2: 0.47mg (27.85%), Folate: 105.34µg (26.33%), Vitamin K: 27.37µg (26.07%), Magnesium: 102.84mg (25.71%), Iron: 4.26mg (23.65%), Vitamin B1: 0.32mg (21.5%), Zinc: 2.53mg (16.84%), Vitamin E: 2.32mg (15.43%), Selenium: 8.67µg (12.39%), Vitamin B5: 1.15mg (11.53%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.23µg (1.56%)