



Ratatouille Soup

1 small eggplant, peeled and cubed	1 medium bell pepper, chopped	1 24 ounce jar chunky garden style pasta sauce
2 teaspoons salt	1 medium onion, chopped	2 cups water
1 pound lean ground chuck	1 tablespoon finely minced garlic (about 3 cloves)	1 teaspoon dried basil
1 tablespoon canola oil	1 14.5 ounce can low sodium beef broth	1 cup uncooked whole grain pasta
1 medium zucchini, chopped		

Place the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a slow **boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings

Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



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Kentucky Eggplant

SEASON: Late June to October.

NUTRITION FACTS: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

SELECTION: Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

STORAGE: Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

PREPARATION: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried, stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions, and cheese. One pound equals 3 cups diced. Eggplant should be peeled before

Source: www.fruitsandveggiesmatter.gov

preparation, unless it is very young and tender.

To broil or grill: Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To season: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

KENTUCKY EGGPLANT

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
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