

## 7 Easy Slow-Cooker Recipes



### Pasta with Eggplant Sauce

Makes: 6 servings

#### Ingredients

- 1 medium eggplant
- 1/2 cup chopped onion
- 2 14-1/2-ounce cans diced tomatoes
- 1 6-ounce can Italian-style tomato paste
- 1 4-ounce can sliced mushrooms, drained
- 1/4 cup dry red wine
- 1/4 cup water
- 2 garlic cloves, chopped
- 1 1/2 teaspoons dried oregano
- 1/3 cup pitted kalamata olives, sliced
- 2 tablespoons chopped fresh parsley
- Black pepper
- Cooked penne pasta
- Shredded Parmesan cheese

#### Directions

1. Peel eggplant; cut into 1-inch cubes.
2. In a 3-1/2- to 5-quart slow cooker, combine eggplant cubes, chopped onion, canned tomatoes with their juices, tomato paste, sliced mushrooms, red wine, water, chopped garlic and oregano.
3. Cover; cook on low-heat setting 7 to 8 hours or on high-heat setting 3 1/2 to 4 hours.
4. Stir in kalamata olives and parsley. Season to taste with pepper. Pour sauce over pasta; sprinkle with Parmesan cheese and serve.

**Nutrition facts per serving:** 346 calories, 13g protein, 65g carbohydrate, 4g fat (1g saturated), 9g fiber

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