

Cheater Ratatouille & Seitan



TOTAL TIME

1 hr 15 mins



COURSE

Dinner, Lunch, Vegetables



SERVINGS

7 serving

CALORIES

488 kcal

INGREDIENTS

- 4 large eggplants cut into ½ inch pieces
- 8 small zucchini cut into ½ inch pieces
- 4 red or yellow peppers cut into ½ inch pieces
- 8 large ripe tomatoes
- 5 Tbsp olive oil
- ½ c - 1 c fresh basil chopped to taste
- 2 medium onion peeled and thinly sliced
- 6 garlic cloves peeled and crushed
- 2 tbsp red wine vinegar
- 2 tsp sugar
- 1-2 tsp salt to taste
- 3 ½ c prepared seitan chopped; or use tofu for gluten free

INSTRUCTIONS

1. Optional Step: Score a small cross on the base of each of 4 large ripe tomatoes, then put them into a heatproof bowl. Pour boiling water over, leave for 20 secs, then remove. Pour the water

- away, replace the tomatoes and cover with cold water. Leave to cool, then peel the skin away.
2. Quarter the tomatoes, scrape away the seeds with a spoon, then roughly chop the flesh.
 3. Set a sauté pan over medium heat and when hot, pour in 2 tbsp olive oil. Brown the peppers and onions for 5 minutes, stirring regularly.
 4. Add the garlic, zucchini, eggplant, red wine, sugar, and salt.
 5. Raise the heat to medium-high and cook for 7 minutes, stirring occasionally.
 6. Remove from heat and stir in basil.
 7. In a separate skillet, add your seitan and cook over medium heat until it just starts to crisp up.
 8. If possible, let sit in the pot for at least and hour before serving.
 9. Spoon equal portions of ratatouille into 7 containers and top each with ½ c prepared seitan.

NUTRITION

Nutrition Facts

Cheater Ratatouille & Seitan

Amount Per Serving (1 g)

Calories 488 Calories from Fat 135

% Daily Value*

Fat 15g 23%

Carbohydrates 61g 20%

Protein 36g 72%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!