RECIPE

Ratatouille with white beans and bulgur

A one-pot ratatouille of eggplant, zucchini, peppers and tomatoes, with white beans and bulgur to make it a full vegan dinner, about 417 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h 15 min

Ingredients

- [ ] 3 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 2 red bell peppers (medium), diced
- [ ] 1 tsp garlic powder
- [ ] 2 tsp dried thyme leaves
- [ ] 1 tsp dried oregano
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 1 eggplant (about 1 lb), cut in ¾-inch cubes (5½ cups)
- [ ] 2 medium zucchini, cut in ¾-inch cubes
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 1 tsp salt
- [ ] ½ tsp ground black pepper
- [ ] 2 cans (15 oz each) no-salt-added white beans (cannellini), drained and rinsed

Method

1. Heat 3 tbsp of the oil in a Dutch oven or wide pot over medium heat. Cook the onion and red peppers for 6 to 8 minutes, until soft.

2. Stir in the garlic powder, thyme, oregano and tomato paste. Cook 1 minute, until the paste darkens a shade.

3. Add the eggplant and the ½ cup water. Cover and cook, stirring now and then, for 12 to 13 minutes, until the eggplant slumps and a cube squashes against the pot.

4. Add the zucchini, the tomatoes with their juice, the salt and the pepper. Bring to a boil, then lower to a steady simmer, covered, with the lid a little ajar. At 5,300 ft water boils near 203 °F, so give it about 25 minutes instead of 20, stirring every 8 minutes.

- [ ] 1 tbsp red wine vinegar
- [ ] 1 cup loosely packed fresh basil leaves, torn
- [ ] 1 tbsp olive oil, to drizzle over the bowls
- [ ] 1 cup dry bulgur
- [ ] ½ cup water, for steaming the eggplant
- [ ] 2 cups water, for cooking the bulgur

5. Meanwhile, bring the bulgur and the 2 cups water to a boil in a small pot. Cover, turn the heat to low and cook 15 minutes, until the water is gone. Leave it covered, off the heat, for 10 minutes, then fluff with a fork.

6. Stir the beans into the pot and simmer, uncovered, for 8 to 10 minutes. It is done when a zucchini cube gives to a spoon and the sauce clings to it.

7. Off the heat, stir in the vinegar and the basil. Spoon over the bulgur and drizzle each bowl with the last tablespoon of oil, about ½ tsp a bowl.

8. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F.