**Ratatouille with Chickpeas -- Crock-Pot**

* **Prep Time:** 15 mins
* **Total Time:** 4 hrs 15 mins
* **Serves:** 6, **Yield:** 6

About This Recipe

"A fresh tasting take on the classic French dish, done in a crockpot. From Canadian Living."

Ingredients

* + 1 tablespoon vegetable oil
  + 1 onion, chopped
  + 4 garlic cloves, minced
  + 6 cups eggplants, cubed ( one large)
  + 2 teaspoons basil ( dried)
  + 1 teaspoon oregano ( dried)
  + 1/2 teaspoon salt
  + 1/2 teaspoon pepper
  + 1 red pepper
  + 1 yellow pepper
  + 2 zucchini
  + 1/3 cup tomato paste
  + 1 (19 ounce) cans chickpeas, drained and rinsed
  + 1 (28 ounce) cans Tomatoes
  + 1/4 cup fresh basil or 1/4 cup fresh parsley, chopped

Directions

1. In a large skillet, heat oil over medium heat, cook onion, garlic, eggplant, basil, oregano, salt & pepper, stirring occasionally, until onion is softened, about 10 minutes. Scrape into crockpot.
2. Halve, core, and seed peppers; cut into 1 inch pieces. Cut zucchini into half lengthwise, cut crosswise into 1 1/2 inch chunks. Add to crockpot.
3. Add tomato paste, chickpeas, and tomatoes, breaking up tomatoes with a spoon. Cover and cook on low for 4 hours, or until vegetables are tender. Stir in basil / parsley.

Nutrition Facts: Serving Size: 1 (461 g), Servings Per Recipe: 6, Amount Per Serving , % Daily Value, Calories 219.5, Calories from Fat 37 17% , Amount Per Serving % Daily Value, Total Fat 4.1g 6% , Saturated Fat 0.5g 2% , Cholesterol 0.0mg 0% , Sugars 10.4 g , Sodium 593.2mg, 24%, Total Carbohydrate 40.6g 13% , Dietary Fiber 10.7g 42% , Sugars 10.4 g 41% , Protein 8.7g 17%