

One-Pot Ratatouille Pasta

Yield: 2 servings



Ingredients

- Extra-virgin olive oil – 2 T (30 ml), plus more for drizzling
- Tomato paste – 15 g (1 Tbsp)
- Italian seasoning – ½ tsp (or mix dried oregano + thyme + basil)
- Eggplant – 200 g, cut into 2–3 cm cubes (≈2 cups)
- Onion – 100 g (½ medium), chopped
- Tomatoes – 2 medium (≈200 g), chopped
- Garlic – 2 cloves, finely chopped
- Short pasta (rotini/penne) – 160 g dry
- Zucchini – 1 medium (150 g), cut into 2–3 cm pieces
- Orange bell pepper – ½ medium (75 g), cut into 2–3 cm pieces
- Cannellini beans – 100 g (drained & rinsed; ≈½ can)
- Basil & mint – a few sprigs (2:1 ratio), torn
- Kevala coconut aminos – 1 tsp (instead of salt in cooking water)
- Black pepper – to taste
- Parmesan – 10 g, grated (optional)



Instructions

1. Heat **olive oil** in a wide pot over **medium**.
2. Add **tomato paste** and cook, stirring, until slightly caramelized (**3–4 min**). Stir in **Italian seasoning**.
3. Add **eggplant, onion, half the tomatoes, garlic, and coconut aminos**. Stir until coated.
4. Add **360 ml water** and **pasta**. **Bring to boil**, reduce to **medium**, cover, and cook for half the package's al dente time (≈**4–5 min**).
5. Stir well, then add **zucchini, bell pepper, remaining tomatoes, and cannellini beans**. Season with **black pepper**. Cover and cook until pasta is al dente and vegetables are just tender (≈**3 min**).
6. Remove lid, adjust seasoning, and stir in torn **basil & mint**.
7. Serve drizzled with **olive oil** and sprinkle **Parmesan** if using.



Nutrition (per serving, with Parmesan)

Calories: ~555 kcal / Protein: 19 g / Fat: 18 g / Sat. Fat = 4 g / Carbs: 76 g / Sugars = 9 g / Fiber: 12 g / Sodium: ~360 mg / Omega-3: ~0.2 g



Suggestions

- Add **mushrooms** (shiitake or maitake) for umami depth.
- For creaminess, stir in **1 T plain Greek yogurt** before serving (off heat).
- If you want a little heat, a pinch of **red pepper flakes** or a dash of **chili oil** works well.