

Cheesy Low-Carb Vegetarian Ratatouille

Hands-on 20 minutes Overall 1 hour 15 minutes

Nutritional values (per serving, about 225 g/ 8 oz): Total carbs: 14.7 g, Fiber: 5.5 g,

Net carbs: 9.2 g, Protein: 7.4 g, Fat: 20.3 g, Calories: 257 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 side servings)

Ratatouille Base:

1/4 cup [extra virgin olive oil](#), divided (60 ml/ 2 fl oz)

2 small red onions, thinly sliced (120 g/ 4.2 oz)

2 cloves garlic, minced

2 large eggplants, diced (1 kg/ 2.2 lb)

1 small red bell pepper, thinly sliced (75 g/ 2.6 oz)

1 tsp smoked paprika

2 1/2 tbsp [coconut aminos](#) (40 ml)

500 ml passata tomato sauce (17 fl oz)

100 g soft goat's cheese (3.5 oz)

2 small zucchini, thinly sliced (200 g/ 7.1 oz)

Optional: fresh herbs such as parsley or basil to serve

Cheese Sauce:

1/4 cup heavy cream (60 ml/ 2 fl oz)

2 tbsp butter (28 g/ 1 oz)

1/4 cup cream cheese (60 g/ 2.1 oz)

1/2 cup grated cheddar cheese (57 g/ 2 oz)

sea salt, to taste

Instructions

1. Prepare all the ingredients. Peel and thinly slice the onions. Peel and mince the garlic. Cut the eggplants into about 1 cm (1/2 inch) pieces. Slice the bell pepper, and finally thinly slice the zucchini.
2. To make the [Keto Cheese Sauce](#), place the cream and the butter in a small saucepan and heat gently until melted. Add the cream cheese and heat until all ingredients are melted and combined. Add the grated cheese and heat until melted and thick. If you want your sauce thinner, add an additional tablespoon or two of cream or water. Set aside.

3. Heat 1 tablespoon of the olive oil in a frying pan and add the red onion and minced garlic. Cook gently over medium heat until softened.
4. Add the diced eggplant, sliced bell pepper and an additional tablespoon of oil, cooking for a further five minutes or so.
5. Add the coconut aminos and the paprika, and then the tomato passata and stir to combine.
6. Simmer for five more minutes and then set aside. (This ratatouille can be prepared a couple of days in advance and stored in the fridge before baking.)
7. Preheat your oven to 220 °C/ 430 °F (fan assisted), or 240 °C/ 465 °F (conventional). Spoon your ratatouille base into a shallow oven-proof dish.
8. Top it with your cheese sauce and spread it gently until even.
9. Arrange the zucchini in circles over the top of the cheese sauce, dotting with goat's cheese when finished.
10. Brush the remaining 2 tablespoons of oil over the top and add a sprinkle of sea salt.
11. Bake for 20-30 minutes until the zucchini is cooked through and browned.
12. Rest for 15 minutes before serving. Optionally, sprinkle with freshly chopped herbs such as parsley or basil. Store in a covered container for up to one week in the fridge or freeze in portions.

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