

# MYX RECIPE

## **NAME: Portuguese Ratatouille**

**INFO:** A Portuguese style, grain free, lectin free, sugar free, gluten free, RATATOUILLE, this awesome dish is vegetarian, vegan and PLANT PARADOX compliant. Listed below were the ingredients we had in the fridge, but this is one of those dishes that can make use of whatever yummy vegetable you might have in the casa!!!! Great for a main course, breakfast topped with eggs, pasta or pizza topping.

## **INGREDIENTS:**

*Yield: 4 to 6 servings*

14 oz Can of Italian Whole Tomatoes with Juice (coarsely chopped)

2 TBL Virgin Olive Oil

½ Medium Size Head of Cabbage (thinly sliced)

1 Large or 2 Small Sweet Potatoes (chopped into small cubes)

4 to 6 Garlic Cloves (finely minced)

1 Medium Onion (coarsely chopped)

8 oz Crimini Mushrooms (sliced)

Himalaylan Salt (to taste)

Black Pepper (to taste)

¼ tsp Piri Piri

1 tsp Dried Oregano

¼ cup Water

## **INSTRUCTIONS:**

In a large skillet heat oil and saute onions and sweet potatoes until soft and just starting to brown. Add garlic, S&P (to taste), oregano and Piri Piri and continue stirring for 30 seconds. Then add the cabbage with ¼ cup water. Stir and then cover for 5 minutes or until the cabbage softens and then remove cover. Once the water is almost evaporated then add the tomatoes and juice and continue to saute for another 3 - 4 minutes until the liquid has evaporated.

Serve right from the skillet or save in the fridge for later to reheat or add as a topping to a pasta dish or pizza.