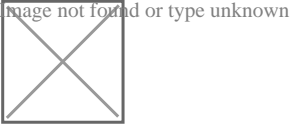


EGGPLANT CAMPANATA WITH PENNE

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Nutrition Facts

Serving Size	1 SERVING (1-1/3 CUP SAUCE OVER 2 CUP PASTA)	
Amount Per Serving		
Calories 366		
		% Daily Value
Total Fat 7.7g		12%
Saturated Fat 1.8g		9%
Cholesterol 5mg		2%
Sodium 482mg		20%
Total Carbohydrate 63.1g		21%
Dietary Fiber 9.2g		37%
Protein 12.4g		25%
Vitamin A 12%		Vitamin C 54%
Calcium 10%		Iron 14%

Total Time

100 min.

Difficulty

medium

Yields

24

Serving & Size

1 SERVING (1-1/3 CUP SAUCE OVER 2 CUP PASTA)

A new and exciting way to enjoy Pasta while getting your vegetables. Roasted eggplant to serve over pasta, seasoned with parsley, basil, capers and pepper. A must for any eggplant lover who wants a satisfying meal!

Ingredients

Weight Measure

olive oil

1/2 cups

Spanish onion, sliced	8 lb.	1 1/4	gallons
eggplant, peeled, diced	9 lb.	2 1/2	gallons
garlic, peeled, chopped		1/4	cups
 V8® 100% Vegetable Juice, 46 oz container		2	cans
balsamic vinegar		1	cups
fresh parsley, chopped		1	cups
fresh basil leaves, shredded		1/2	cups
capers		1/2	cups
cracked black pepper		2	tbsp.
cooked penne pasta	6 lb.	3	gallons
Parmesan cheese, shaved	5 oz.	1 1/2	cups

Instructions

1. In large rondo heat ¼ cup oil. Add onion and sauté 6-8 minutes or until glazed. Add remaining oil, eggplant and garlic and cook 10-12 minutes.
2. Add V-8 Juice, and balsamic vinegar and bring to a boil. Reduce heat and simmer for 45-50 minutes or until eggplant has started to break down and liquid has reduced slightly. Add parsley, basil, capers and pepper.
3. Serve over hot cooked pasta and 1 Tbsp. freshly shaved parmesan.