

Making it delicious

Ratatouille



Ingredients

- 3 Tomatoes (large)
- 1 Onion
- 4 cloves Garlic
- 1 Bell pepper (any color)
- 1 Eggplant (medium)
- 1 Zucchini or yellow squash (small)
- 1 Tbsp. Olive oil
- 1/2 tsp. Salt
- 1/4 tsp. black pepper
- Fresh basil
- Fresh thyme (optional)



Recipe adapted from www.mypureplants.com

Instructions

- Peel and chop the onion and garlic.
- Wash the zucchini or yellow squash and eggplant (no need to peel them). Cut them into 1-inch thick slices, and then cut the slices into quarters (or smaller, to get approximately 1-inch cubes).
- Wash the tomatoes, and cut them first into wedges, then cut them in half or in thirds (1-inch cubes).
- Wash the bell peppers. First cut them in half from stem to end, and remove the stem, seeds, and white parts. Lay the halves on the cutting board skin-side down, cut into 1-inch strips, then cut the strips into 1-inch squares.
- Heat the pot or skillet to medium heat and add the olive oil.
- Add the chopped onion; stir and cook for 2 minutes.
- Add chopped garlic, stir and cook for a minute.
- Add the tomatoes, bell peppers, salt, and pepper. Cover with a lid and bring to a boil.
- Remove lid, stir, and cook for 6-8 minutes until the tomatoes are mushy and juicy.
- Add the zucchini and eggplant. Stir and cook until they are tender, but not mushy, and the juices are mostly evaporated to a stew-like consistency.
- Stir in some freshly chopped basil or thyme and you are ready to serve. Enjoy!

SERVINGS: 6 | PREP TIME: 30 MIN