

Ratatouille

Cook Time: 35 minutes

Total Time: 35 minutes

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped (fresh or frozen)
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley



Preparation:

♦In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. ♦Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. ♦ Add eggplant; stir until coated with oil. ♦Add peppers; stir to combine. ♦Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking. ♦Add tomatoes, zucchini, and herbs; mix well. ♦Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft. Serves 4.

Note: This is delicious served with brown rice or quinoa. For a more complete meal, just add chicken.