

Ratatouille



INGREDIENTS (Serves 4 to 6)

- ¼ cup olive oil
- 2 cups onion, chopped
- 4-6 cloves fresh garlic, minced
- 1 bay leaf
- 2 medium-size eggplants, cubed
- ¼ cup dry red wine
- ¼ cup tomato paste, stirred into 1 cup water
- ¼ cup chopped fresh basil
- ½ teaspoon dried oregano
- ½ teaspoon chopped fresh rosemary
- 2 cups red bell peppers, chopped into large pieces
- 3 cups zucchini (or yellow squash), cubed
- 3 large tomatoes, cut into chunks
- Chopped fresh parsley (optional)
- Grated Parmesan or other cheese (optional)
- Black pepper and sea salt to taste

PREPARATION

1. Heat olive oil in a large soup pot.
2. Add onions and sauté them for 5 minutes. Add garlic and bay leaf; sauté for 1 minute.
3. Add eggplant, wine, tomato paste/water, basil, oregano, rosemary, and salt and pepper. Mix well, cover and simmer for 15 minutes.
4. Add peppers, zucchini and tomatoes. Add a bit more water, if necessary. Simmer in the covered pot until all of the vegetables are tender, about 10-15 minutes.
5. Top with your favorite cheese and fresh parsley (optional).

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SHOPPING LIST

Produce

- 2 medium red bell peppers
- 2 medium zucchini or yellow squash
- 3 large tomatoes
- 1 large onion
- Garlic cloves
- 2 medium-size eggplants
- Fresh parsley
- Fresh basil
- Fresh rosemary

Grocery

- Tomato paste
- Olive oil

Spices/Seasonings

- Red wine
- Bay leaf
- Dried oregano

SERVING SUGGESTION

Serve with crusty loaves of bread on its own, or over brown rice, pasta, fish or chicken. Accompany with leafy green or Greek salad.

NUTRITIONAL INFORMATION

Per Serving: 194 calories, 10 g. fat, 0 mg. cholesterol, 25 g. carbohydrate, 8 g. dietary fiber, 4 g. protein, 110 mg. sodium.

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Ashland Food Cooperative • Ashland, Ore.

