

# 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.

