



Ratatouille

2 tablespoons olive oil

1 cup yellow onion, chopped

2 tablespoon fresh garlic, minced

2 tablespoons Herbes de Provence

½ teaspoon salt (or to taste)

¼ teaspoon black pepper (or to taste)

1 medium eggplant, chopped (about 6 cups)

3 medium zucchini, chopped (about 6 cups)

1 (28 ounce) can diced tomato (about 4 cups)

Directions

1. Heat oil in a large pot. Add onion and garlic and sauté for several minutes, until onion is translucent.
2. Add spices and continue to cook for several minutes on low, stirring constantly.
3. Add eggplant and zucchini and cook over medium heat, stirring constantly, until vegetables start to soften (about 10-15 minutes.)
4. Add tomato, turn heat to high and cook, stirring constantly, until ingredients just come to a boil. Reduce heat to low-medium, cover and cook 40-45 minutes, stirring occasionally, until all vegetables are tender and flavors are well blended.

Serve as is, with a side of warm crusty bread, or over pasta or rice. Top with your favorite shredded cheese such as Swiss or Parmesan (plant- or dairy-based) if desired. Makes about 8 (1 cup) servings.

