

# RATATOUILLE

*A traditional Stew from Provence in France, Ratatouille has many variations- following is a basic recipe that can be adjusted with ingredients that you have on hand. It is best if the Eggplant is not over-cooked as it will lose some structure and become mushy!*

---

## Ingredients

3-4 Tbsp Blended Oil,  
divided

1 Cup Yellow Onion,  
diced

1 Cup Zucchini, diced

1 Cup Yellow Squash,  
diced

4 Cups Eggplant, diced

1 Red Bell Pepper,  
diced

4 large tomatoes, peeled  
and chopped (4 Cups)

2 cloves garlic, minced

¼ cup Red Wine

2 tsp fresh Thyme

1 Tbsp fresh Oregano

1 Tbsp fresh Basil

Salt & Black Pepper

## Directions

Heat Oil over medium-high heat and cook Onion & Eggplant until slightly browned; remove from heat.

Add more oil if needed as well as Squash, Zucchini and Peppers and cook until slightly browned; remove from heat.

Add the last Oil and then garlic, stirring quickly until just fragrant and then pour in Red Wine and tomatoes.

Bring to a simmer before adding all ingredients, except herbs.

When excess liquid is boiled off add in herbs and season with salt & pepper.