

Recipe – Pat’s Ratatouille

Ingredients:

- 4 large garlic cloves, chopped
- 1 large sweet onion, diced
- 1 lb young or small eggplant any kind, cut in one-inch chunks
- 1 lb young or small zucchini, cut in chunks
- 1 lb peppers, red, green or yellow, cut in chunks
- 2 lbs tomatoes, coarsely chopped
- Canned tomatoes (have on hand if fresh tomatoes are not juicy)
- ½ bunch basil, chopped
- ¼ bunch flat leafed parsley leaves, chopped
- 5 sprigs of thyme, leaves stripped from stems and lightly chopped
- Vegetable stock or water as needed to achieve a stew-like consistency
- Kosher or sea salt to taste, as permitted
- Several twists of freshly ground pepper
- Extra Virgin Olive Oil for sautéing

Directions:

Chop garlic and onion.

Place onion in skillet with olive oil and salt. Cook until translucent,

Add garlic and cook until softened.

Add in eggplant, zucchini and peppers and saute until softened.

Add tomatoes and stir to blend. If necessary now add canned tomato.

Add in herbs and stir until blended. Simmer 30 minutes. If on the dry side here is where I will add broth or water.

If doubling or tripling recipe, I will saute eggplant, zucchini and peppers individually and then add into onions and garlic before adding tomatoes and herbs. This is not necessary for a single batch!

Serve over quinoa or brown rice. Also good alone!

Pat made a triple recipe at Suppers and did a canning demo, putting by 6 pints of ratatouille, which are safe to store at room temperature for up to a year.