

EGGPLANT RATATOUILLE

Approx. 8 - 1 cup servings

INGREDIENTS:

1/3 cup olive oil
2 medium onions chopped
4 garlic cloves minced
2 large eggplants (2 pounds) peeled and cut into 3/4-inch cubes
4 to 5 medium zucchini (2 pounds) cut into 1-inch cubes
Coarse salt and
3 yellow or red bell peppers ribs and seeds removed, cut into 3/4-inch cubes
3 cups diced tomatoes
1 teaspoon dried thyme
1/2 cup chopped fresh basil

DIRECTIONS:

In a Dutch oven (or other heavy 5-quart pot with a tight-fitting lid), heat oil over medium heat. Cook onions, stirring occasionally, until soft, about 5 minutes. Add garlic; cook until fragrant, about 1 minute. Stir in eggplant and zucchini; season generously with salt and pepper.

Add 3/4 cup water; cover, and simmer until vegetables are beginning to soften, stirring once, about 5 minutes. Stir in bell peppers; simmer, covered, until softened, 5 minutes.

Stir in tomatoes and thyme; bring to a boil. Reduce heat to medium-low. Partially cover; simmer, stirring often, until vegetables are tender, 15 to 20 minutes. Remove from heat. If serving immediately, stir in basil. (If freezing, leave out basil.)