

GARDEN FRESH RATATOUILLE

★★★★★
5.0 from 1 reviews

PREP TIME	COOK TIME	TOTAL TIME
30 mins	40 mins	1 hour 10 mins



Garden Fresh Ratatouille-Italian Stew; made with eggplant, zucchini, tomatoes, and peppers

Author: www.gardenfreshfoodie.com
Recipe type: Main
Cuisine: Italian
Serves: 8

 PRINT

INGREDIENTS

4 cups of onions
8 cups of tomatoes (we didn't peel them)
8 cups of eggplant, peeled and cubed (from 2 medium sized eggplants)
8 cups of zucchini, cubed (about 1 medium-large zucchini or 3 small ones)
4 cups of peppers, can do red and green or just green
1 cup of banana peppers, or can do a poblano pepper for some heat
3-4 tbsp of chopped garlic
3 tsp dried thyme, or 3 tbsp fresh thyme
3 tbsp dried oregano, or ½ cup of fresh oregano
*optional-fresh basil, a few cups if you have it, if not that's ok 😊
3 tsp kosher salt
fresh ground pepper to taste
*additional ideas: chopped parsley for garnish, chick peas for added protein, and 4-6 cups of chopped fresh greens like kale to be stirred in at the end

INSTRUCTIONS

1. Place onions in pan with a little water to prevent sticking. Sauté for a little until onions soften.
2. Add remaining ingredients, except basil and greens, into a large soup pot, placing tomatoes in first to provide liquid.
3. Cook on medium until tomatoes release their juices, and then reduce heat and simmer until vegetables have softened, around 30-40 minutes.
4. If using fresh herbs and greens, stir in.
5. Serve topped with fresh chopped parsley. If desiring this as a meal, add some protein rich chickpeas and greens right at the end of the cooking process.

NOTES

If making this as a main dish, we estimated 8 servings. If as a side, we estimated 12. Calculated without greens and beans added. 169% Vitamin C, 12.3 % Vitamin A, 893 mg of potassium, 7% iron, 6% calcium (without greens)