

FRESH TO YOU

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This colourful French vegetable stew goes great with just about everything from polenta to a rice dish.

Recipe

Ratatouille

Yield: 6 servings

Prep time: 10 minutes

Cook time: 40 minutes

Ingredients:

60 ml (1/4 cup)	Olive Oil
2 cloves	Garlic, minced
1	BC Yellow Onion, medium, diced
2	BC Bell Peppers, medium, diced
2	Zucchini, medium, diced
2	Eggplants, medium diced
250 ml (1 cup)	BC Grape Tomatoes
10 ml (2 tsp)	Oregano leaves, dried
	Salt and Pepper

Preparation:

1. Heat 15 ml (1 Tbsp.) of oil in a large saucepan over medium heat and cook the garlic and onions until soft. Reduce the heat to low.
2. In a separate pan, heat 15 ml (1 Tbsp.) oil over medium heat and sauté the peppers until partially cooked, about 2-3 minutes. Add a pinch of salt and pepper. Transfer the peppers to the saucepan with the garlic and onions. Repeat this step with the zucchini and eggplant separately.
3. Add the tomatoes and oregano to the saucepan with the other vegetables. Increase the heat to medium and simmer all the vegetables together for 20 – 25 minutes stirring occasionally until the grape tomatoes pop and all the vegetables are soft.
4. Serve and enjoy.