

## Ratatouille – make it your own!

2 red peppers  
10 oz small eggplants  
2lb small summer squash  
2lb ripe tomatoes  
1lb onions  
olive oil  
1 bay leaf  
2 sprigs fresh thyme  
4 cloves garlic, minced  
salt and pepper  
6 springs basil  
Focaccia



*The key to this veggie stew is to first cook several of the veggies individually. Once all the veggies are combined, the stew should be cooked gently until the flavors meld. The tomatoes will fall apart to make a thick sauce; and, despite the long cooking time, the other veggies will maintain their shape and integrity.*

1. Cut the peppers in half, remove seeds and ribs, and broil until skins are blackened, about 15 – 20 minutes. Allow to cool, then peel the skins off; cut into 1" cubes.
2. Cut the eggplant, squash, and onions into 1" cubes and keep separate. Core and de-seed the tomatoes; cut into 1" cubes; keep separate.
3. Heat oil in a 10" non-stick skillet until shimmering. Add the peppers and cook for 2 minutes. Use a slotted spoon to remove to a bowl.
4. Add additional oil if necessary. Lightly brown the onions and add to the bowl with peppers.
5. Repeat the process in step 4 twice, once each with the squash and then the eggplant.
6. In a large sauté pan, combine the tomatoes, bay leaf, thyme and garlic. Bring to a light boil and add salt and pepper. Transfer the other vegetables to the sauté pan and return to a light boil. Cover and cook over moderate heat for about 30 minutes until very tender, stirring occasionally.
7. When the vegetables are tender, remove the bay leaf and thyme stems; coarsely chop the basil and stir in.
8. To serve, cut focaccia into cubes or logs and spoon the Ratatouille on top.

Serving notes:

- Can be served hot, warm, or cold.
- Mix it up by adding your own touches!! (see reverse side)

## Ratatouille Shopping List

2 red peppers	Cincy Urban Farms, Lobenstein Farm
10 oz small eggplants	Cincy Urban Farms, Lobenstein Farm
2lb small summer squash	Cincy Urban Farms, Lobenstein Farm
2lb ripe tomatoes	Cincy Urban Farms, Cooks Farm, Lobenstein Farm
1lb onions	Lobenstein Farm
olive oil	pantry
1 bay leaf	pantry
2 sprigs fresh thyme	market table
4 cloves garlic	5 Oaks Organics
salt and pepper	pantry
6 springs basil	Cooks Farm
Focaccia	Crackling Crust

### Make this dish your own!!

Add extra veggies to mix!

- If the veggies are cooked (preferred method), take them out of the fridge when you combine all the ingredients in the large sauté pan; add them during the last 5 minutes of cooking to heat through. Seasonal suggestions: corn, snap beans, carrots, potatoes.
- If your veggies are raw, add during the gentle simmer stage just long enough to ensure that they are cooked through but not too mushy.

Committed carnivores at the table? Cook up some sausage or heat leftover pork or chicken for them to add to their bowls.

Looking for a protein boost without meat? Scramble some eggs for the side or serve with a fried egg on top.

Gluten free? Serve it over brown rice, make a fantastic loaded potato, or roll it up in a warm corn tortilla.

Dress it up with a sprinkling of mozzarella or parmesan cheese.

Ideas of your own? Share them on our Facebook or Instagram feed.