

Ratatouille

Sunday, June 14

Makes 12 cups

Ingredients

- 1/2 cup oil
- 2 large cloves garlic, minced
- 2-1/2 pounds eggplant (2 medium), cut in 1/2-inch cubes (12 cups)
- 1-1/4 pounds zucchini (2 large), cut in 1/2-inch cubes (4 cups)
- 3 large onions, chopped coarse (3 cups)
- 3 medium green peppers, cut in 1-inch squares (3 cups)
- 2 tsp each basil and thyme
- Salt and pepper to taste
- 2 Tbsp chopped parsley
- 6 large tomatoes, chopped coarse (6 cups)

Instructions

1. In a large heavy pot or Dutch oven, heat oil over medium-high heat.
2. Add garlic, eggplant, and zucchini; sauté until lightly browned.
3. Reduce heat; add onions, peppers, seasonings, and parsley.
4. Cover and, stirring occasionally, cook 25 minutes.
5. Add tomatoes, cover and, stirring occasionally, cook 20 minutes or until vegetables are tender and sauce has thickened.
6. If necessary, uncover toward end of cooking time to hasten thickening.

RATATOUILLE

(Sunday, June 14)

This Mediterranean vegetable dish combines plentiful summer favorites. Serve cold as a salad, hot in an omelet or crepe or over rice or pasta.

1/2 cup oil

2 large cloves garlic, minced

2-1/2 pounds eggplant (2 medium), cut in 1/2-inch cubes (12 cups)

1-1/4 pounds zucchini (2 large), cut in 1/2-inch cubes (4 cups)

3 large onions, chopped coarse (3 cups)

3 medium green peppers, cut in 1-inch squares (3 cups)

2 teaspoons each basil and thyme

Salt and pepper to taste

2 tablespoons chopped parsley

6 large tomatoes, chopped coarse (6 cups)

In large heavy pot or Dutch oven heat oil over medium-high heat. Add garlic, eggplant and zucchini; sauté until lightly browned. Reduce heat; add onions, peppers, seasonings and parsley. Cover and, stirring occasionally, cook 25 minutes. Add tomatoes, cover and, stirring occasionally, cook 20 minutes or until vegetables are tender and sauce has thickened. If necessary, uncover toward end of cooking time to hasten thickening. Makes 12 cups. *Per cup: 142 cal, 3 g pro, 13 g car, 10 g fat, 0 mg chol*