

Ratatouille Provencale

This vegetarian dish is a perfect example of the Mediterranean diet so famous for being tasty and heart healthy! You will love it cold, or hot.



Ingredients (Serves 4-6)

2 pounds eggplant, diced
2 to 3 tablespoons olive oil
2 large onions, thinly sliced
6 large garlic cloves sliced or minced
1 large red bell pepper, diced
1 large green bell pepper, diced
4 to 6 large tomatoes, coarsely chopped
1 bay leaf, 2 teaspoons fresh thyme leaves or 1
teaspoon crushed dried (optional)



2 teaspoons chopped fresh oregano or 1 teaspoon crushed dried (optional)
Salt and pepper to taste

1. Heat 1 to 2 tablespoons of the olive oil in a large, heavy nonstick skillet over medium heat and add the onions. Cook, stirring, until they have softened. This should take about 5 minutes. They will be translucent and the slices will be flexible. Add the eggplant and a couple more tablespoons of oil (as needed). Cook **on low heat** until the eggplant softens and browns lightly. Add half the sliced or minced garlic and cook, stirring, for another 3 to 4 minutes, until the onions have just begun to color.

2. Add the peppers. Stir for a couple of minutes and add about 1/2 teaspoon coarse sea salt. Continue to cook, stirring often, until the peppers begin to soften, about 5 minutes. Add the zucchini and the remaining sliced or minced garlic. Continue to cook, stirring, for another 5 to 10 minutes, until the zucchini looks translucent. Stir in the bay leaf, thyme, oregano, and about a teaspoon of coarse sea salt. Stir everything together, cover and simmer on low heat for 1/2 hour.

4. Stir in the remaining tomatoes and garlic. Taste and adjust the salt. Add freshly ground pepper and simmer on low heat until all the vegetables are soft (the longer this dish simmers, the more flavorful it will be). Stir in the basil. Refrigerate overnight if possible. Taste, adjust seasonings, and serve hot, cold, or at room temperature.

Side Suggestions

Serve this dish as is hot or cold or with grilled Italian sausage or turkey sausage.

Wine Pairing Suggestions

Serve this dish with any one of our roses.

