

# Provençal Ratatouille

This recipe was submitted for our community from “Foodie in Provence”—aka Hanna, [www.foodieinprovence.com](http://www.foodieinprovence.com) . Provence is a department in SE France along the Mediterranean Sea and into the southern French Alps. As the author of this lovely recipe suggests, take advantage of these summer vegetables when they have their peak flavor. I personally would skip serving this with bread, but included this suggestion as written. The original recipe did not include a quantity for olive oil or herbs, nor salt and pepper; I added some amounts of each as a basic reference but feel free to use more or less to taste. As most of the nutrients in tomatoes are in the skin and seeds, I would chop the tomatoes and use the whole tomato, but in true French tradition, you will see that the author prefers them without.

## Ingredients:

- 1 eggplant
- 2 zucchinis
- 1 onion
- 2 cloves garlic
- 1 red pepper
- 1 green pepper (optional)
- 2 medium tomatoes or 1 cup chopped tomatoes
- 2-3 tablespoons extra-virgin olive oil
- ¼ to ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 teaspoons dried or 2 tablespoons fresh mixture of Provençal herbs: oregano, thyme, tarragon, and rosemary. Plus 1 tablespoon fresh basil

## Directions:

Wash vegetables and herbs. Dice onion, chop garlic. Chop remaining vegetables and herbs.

Preheat your pan to medium heat, pour olive oil and sauté onion for a few of minutes.

Add diced eggplant, let cook for a couple of minutes, then add garlic, zucchini, and peppers.

Meanwhile, prepare your tomatoes: pour boiling water over the tomatoes and let stand for 5 minutes. Peel the skin and dice the pulp. Discard the seeds. Add to the stew.

Add all herbs except basil. Let cook until the vegetables are slightly cooked, but don't overcook otherwise they'll become mushy.

Let stand for few minutes, add basil. Serve immediately with sourdough bread, as a side dish or with gluten free pasta.

Bon Appetit and wishing you the best of health!