

RATATOUILLE

By Dr. Cindy Tanzar
(Standard/Maintenance)

There are so many different ways to make Ratatouille, that the exact amounts of each vegetable isn't important. It is basically a French vegetable stew that puts to use all the wonderful summer vegetables that are being harvested.

Makes 4-6 servings. One serving is a cup and covers your vegetables.



INGREDIENTS

Avocado or Organic unrefined Coconut Oil
Pink Himalayan salt, to taste
Crushed red pepper, to taste or optional
1 large onion, -small dice
4 cloves garlic, finely chopped
3-4 sprigs fresh thyme
3 large tomatoes - medium dice
1 red pepper, seeded – medium dice
1 medium eggplant – medium dice



2 small summer squash – medium dice
2 small zucchini – medium dice
6 large fresh basil leaves, rolled and cut into ribbons

INSTRUCTIONS

Bring a large pan to medium heat, adding a couple of Tbs. of oil and the onions. Sauté 5-7 minutes until soft. Add the garlic and cook for 2-3 minutes. You don't want them to brown, but to soften.

Add in the tomatoes, ½ cup of filtered water, thyme and crushed red pepper (to taste) and season with salt. Cook until the tomatoes have broken down, about 15-20 minutes.

Add the peppers, cooking for 5 minutes. Then add the eggplant, summer squash and zucchini. Season again with salt and cook 15-20 minutes, or until soft.

When finished cooking, stir in the fresh basil and voila!