

Ratatouille and Ravioli



Prep: 15 minutes **Cook:** 40 minutes **Yields:** 3 servings

- 1 eggplant
- 1 summer squash
- 1 pepper or other vegetables
- 1 can of tomatoes (or sauce)
- 1 can ravioli or frozen ravioli
- 1 teaspoon Italian Herbs
- 1/2 cup stock or water

Optional

- 1 can beans or cooked chicken for extra protein



Chef's Notes: This meal can be used to serve with ravioli or as a sauce over cooked pasta or rice. Enjoy with a big side salad for extra vegetables. It can also be eaten as a "stew" without any additions.

1. Cut summer squash & eggplant into small cubes.
2. Dice onion, pepper & any other vegetables you'd like to add.
3. Heat oil in a medium sized pot over medium-high heat . Saute eggplant & summer squash until slightly browned (2-3 minutes).
4. Reduce heat & add a can of tomatoes (or sauce), other vegetables, 1 teaspoon Italian Herbs & 1/2 cup of stock or water.
5. Simmer until veggies are almost soft, stirring occasionally (10-15 minutes).
6. Add the can of ravioli & continue simmering until ravioli is hot & vegetables are soft.

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