

Ratatouille: French Vegetable Stew



Prep: 20 minutes

Cook: 35 minutes

Yield: 4-6 servings

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1–28 oz. cans of crushed tomatoes
- 1 small onion finely chopped
- 3 garlic cloves peeled and finely chopped
- 5 tablespoons vegetable oil, divided
- 1 teaspoon of dried oregano
- 1 zucchini trim off ends, cut in half lengthwise and cut across into 1/2 inch chunks
- 1 yellow squash trim off ends, cut in half lengthwise and cut across into 1/2 inch chunks
- 1 medium size eggplant remove a small bit from the top and bottom, cut the eggplant into 1/2 inch slices, then cut these into 1/2 inch chunks
- 1 red pepper cut in half, remove the seeds and cut into 1/2 inch chunks
- 2 teaspoons of salt
- 1 teaspoon of black pepper



1. Preheat the oven to 375°.
2. Place all of the cut vegetables into a bowl and sprinkle with 3 tablespoons of the vegetable oil. Add the salt and pepper and mix well.
3. Place the vegetables on a sheet pan or cookie sheet, spread out and place into the oven.
4. Roast the veggies for approximately 20 minutes. Halfway through, open the oven and using a spatula or a large spoon, move the vegetables around.
5. When soft and golden brown, remove from the oven and set aside.
6. Choose a saucepan large enough for the vegetables. Over medium heat, heat the remaining oil, and add the onion and garlic. Cook for 3-5 minutes and then carefully pour the tomatoes into the pan.
7. Add the oregano, lower the heat and cook for 10 minutes. After 10 minutes, add all of the vegetables, stir to combine and let cook in the tomato sauce for another 10 minutes.

Chef's Notes: This is a delicious dish as an accompaniment to a main dish, like roast chicken or beef or pork. This dish can also be used as a sauce over pasta or as a main dish, with the addition of chickpeas or white beans for added protein. Eggplant might take longer to cook than the zucchini and red pepper, cook on a separate cookie sheet if you have one. If not, cook longer than the other vegetables, and remove the squashes and pepper.