

RATATOUILLE

Unknown

NL#4-11 8/09/03

3 medium yellow onions, thinly sliced
4 cloves garlic, minced
3 Tablespoons olive oil
4-5 small eggplants (or 1 large eggplant)
3 zucchini (or yellow squash)
2 large green (or red) bell peppers, seeded and sliced
1 to 1-1/2 pound roma tomatoes
1/2 Tablespoon sugar
1 teaspoon dehydrated basil
1 teaspoon dehydrated oregano
1/2 teaspoon salt (or more, depending on your tastes)
Fresh-ground pepper to taste
Parmesan cheese (optional)

Sauté onions in olive oil to caramelize slightly, add garlic and cook until garlic is lightly browned. Add the remaining vegetables and the sugar. Heat through thoroughly then cover and lower heat to simmer. Stir frequently to prevent burning and simmer 25-35 minutes. Add spices to taste and simmer another 10-15 minutes. Top servings with grated Parmesan cheese (optional).