

RATOUTILLE STEW

Any summer vegetables can be subbed . Make it colorful.

INGREDIENTS

4-6 ripe red tomatoes diced
1 medium eggplant diced
1 large red, orange, or yellow bell pepper diced
1 medium-to-large zucchini diced
1 large yellow squash diced

5 tablespoons + 1 teaspoon extra-virgin olive oil, divided
fine sea salt, more or less to taste
1 medium yellow onion, chopped
8 cloves garlic, pressed or minced
¼ cup chopped fresh basil
¼ teaspoon red pepper flakes, more or less to taste
¼ teaspoon dried oregano
Freshly ground black pepper, to taste

Have extra slices of zucchini squash eggplant to garnish on top.

PREPARATION

1) Preheat your oven to 425 degrees.

2) In a very large bowl, toss together the diced summer vegetables . squash , zucchini, eggplant, onion, oregano , red pepper flakes , salt, pepper with about 4 tbsp of olive oil.

3) Divide the mixture between two baking sheets and make sure that the veggies are all laid out in one even layer.

I will do these steps before the class since my oven takes longer time .

4) Roast them for about an hour, making sure to check on them once every 15 minutes or so and give them a sit if you feel like they are coloring too much too soon, then turn the oven temperature down, otherwise let them roast away until they develop a nice amount of color.

5) Meanwhile, add the remaining olive oil in a skillet with high sides, add the garlic and cook over medium low heat for about 10 minutes or until the garlic is a lovely golden brown color.

6) Once the garlic has gotten nicely colored, turn the heat up to medium-high and add the tomatoes, season with salt and pepper and allow them to cook for about 8 to 10 minutes or until they have cooked down a bit but still have their shape. Turn the heat off and let those sit until the veggies are done roasting.

7) Once the veggies have roasted, stir in the cooked tomatoes and garlic and top them all off with the fresh basil. Add in lemon juice if your tomatoes are not having the sourness.