

Ratatouille

Recipe copyright Rhona Bowles Kamar 2017

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vegan + gluten free + soy free

This dish is a beautiful solution to a plentiful early July harvest. Bon Appetit!

Serves 4 to 6

1 pound Zucchini, diced medium
1 pound Eggplant, peeled, seeded and drained on paper towels, then diced medium
1 medium or 2 small yellow onions, diced medium
2 Bell peppers of one or various colors, diced medium
1 head Garlic, chopped
2 pounds fresh tomatoes, cored and chopped rough
3 Tablespoons fresh herbs, chopped fine. Any combination of basil, parsley, thyme, sage, rosemary or lavender.
½ to 1 cup balsamic vinegar
1 teaspoon sea salt or more to taste
1 teaspoon black pepper or more to taste
3 Tablespoons olive oil

In a large sauté pan or dutch oven, heat a tablespoon of olive oil on medium heat. Pan-sear the zucchini and eggplant in olive oil in batches to get a nice crust on all sides. Remove from the pan and set aside.

Add another tablespoon of olive oil and sauté onions, bell peppers and garlic until soft and deeply caramelized. Deglaze the pan with ½ cup balsamic vinegar. Reserve the rest if needed later.

Add the seared vegetables in with the aromatics and tomatoes. Cover and turn the heat on medium to start to soften the vegetables. Keep a careful eye on the stove and adjust the heat if the vegetables are cooking too fast. The lid will help to keep the juices steaming. Add ½ cup water or more balsamic if the pan is running dry.

When the vegetables are soft, add at least 3 tablespoons fresh chopped rosemary, parsley and thyme. Add 1 teaspoon salt and fresh cracked pepper or more to taste.