

Lissa Wolfe's one pot Ratatouille (Vegetable Stew)

Ingredients:

- 1 Regular size Eggplant (cubed)
- 2 Yellow Onions (rough chop)
- 4 Bell Peppers (any color but green)
- 2 cups grape tomatoes

- 1/3 cup vegetable oil
- 1/3 cup olive oil (feel free to use more)
- 2 tbsps balsamic vinegar (again, more is fine)
- 2 tsp diced garlic
- salt & pepper to taste

Basil chiffonade

Serves 6-8

keeps well in the fridge

Directions:

1. Chop the onion and cook with vegetable oil on high heat in a heavy bottomed pot or Dutch oven.
2. While the onions are sweating, add the garlic, cube the eggplant (you could peel it, but I like the skin).
3. When the onions are translucent, turn the heat down to medium/low and add the eggplant. Add the olive oil and stir to incorporate. Cover the pot.
4. Roughly chop the bell peppers and mix into the pot, cover again.
5. Slice tomatoes in half and mix into the veggies on the stove.
6. At this time, you can add balsamic vinegar and salt & pepper to taste. Leave pot uncovered.
7. Leave on low heat while you prepare the basil.

For the basil-most basil comes on the stems and is sandy/gritty. I suggest a double wash/rinse. Remove the leaves from the stems-discard the stems. For the chiffonade wrap the smaller leaves into the larger leaves tightly. Using a sharp knife and guiding it with your fingertips pressed on the bulk of the wrapped basil, make narrow diagonal slices. You can skip this step by just tearing the basil into little pieces. You get more flavor out of the basil when it is sliced or torn.

Incorporate 3/4s of the basil into the Ratatouille. Reserve the last 1/4 for garnish.

Serve over pasta, or with good French bread or eat as is.