Ratatouille (French Vegetable Stew)

Prep time: 15 minutes | Cooking time: 25 minutes | Number of servings: 6

1½ tablespoons olive oil or vegetable oil
1 large onion, chopped
4 large garlic cloves, minced
1 tablespoon dried sweet basil
2 teaspoons dried oregano
1 large eggplant, cut into 1" cubes
1 green bell pepper, chopped
2 medium summer squash, cut into ½ inch rounds
4 ounces of water
5 tablespoons tomato paste
Optional 1 teaspoon salt, ½ teaspoon black pepper

Directions
1. Add olive oil to a large skillet on medium heat.
2. Add onion and cook for about 10 minutes or until soft.
3. Add garlic, dried sweet basil, and dried oregano; cook for about 2 minutes.

Nutrition Facts (Serving size 1½ cup):
- Calories: 100
- Total Fat: 1g
- Saturated Fat: 0.5g
- Cholesterol: 0mg
- Sodium: 440mg
- Total Carbohydrate: 15g
- Dietary Fiber: 6g
- Vitamin C: 60%
- Vitamin A: 8%
- Iron: 8%
- Calcium: 4%

Adapted from Washington State University Extension Food Sense
Directions (continued)

4. Add eggplant, bell pepper, and squash; stir.

5. In a small bowl mix together the tomato paste and water; add to the skillet and gently stir into other ingredients. Cover skillet and cook for 30 minutes, stir occasionally. Add salt and pepper to taste.