

Ratatouille

This dish is as packed full of antioxidants and health benefits as it is full of flavor. It is excellent served as an accompaniment to steak, grilled/roast chicken or turkey, cauliflower cheese, brown rice or on its own with fresh crusty bread.

Can be pre-made and reheated to serve.

The recipe here is to make a large pot so it will do more than one meal.

Ingredients:

2 tbsp olive oil

3 large white onions- sliced

3 courgettes- sliced approx ¼ inch thick

1 large aubergine – cut into thick slices and quarter them

6-8 cloves garlic

2 tins plum tomatoes

½ tube tomato puree

Tsp dried oregano or herb de provence

Method

Slice onions and put into a large, solid based pot with the olive oil. Cover and heat gently, stirring occasionally, to soften the onions then add in crushed/chopped garlic.

Mix in the prepared courgettes and aubergine. Stir occasionally and soften off for 5mins.

Stir in the tomatoes, tomato puree and herbs.

Cover and cook on low/medium heat, stirring occasionally, until the vegetables are almost 'melted'. This may take 45 mins or more. On a really low heat this can easily be left cooking for 1 – 1 ½ hours.

Long slow cooking gives a great flavor, as does using it the day after.

This dish tastes delicious reheated. To reheat, put on a low – med heat and stir occasionally. Do not boil.