

# One Pot Ratatouille

SERVINGS  
4-6

PREP TIME  
10 MIN

COOK TIME  
30 MIN

TOTAL TIME  
40 MIN

*This one pot flavorful dish will keep you coming back for more. Loaded with veggies, tomatoes, and spices this meal is easier to make than it is to pronounce!*



**ORGANIZING**  
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## Ingredients

## Directions

All of these ingredient amounts are very flexible. Choose the best size of veggie that works for you and adjust your spices either up or down. Keep it simple, you can't mess it up!

1

- Olive Oil
- 1 Medium to Large Eggplant

- Drizzle oil in 6 qt pot and heat over medium heat.
- Dice eggplant into small chucks (approximately 1" size).
- Add eggplant and cook for approximately 10 minutes, stirring occasionally.
- While eggplant is cooking, begin dicing onion, zucchini, and bell pepper into small chunks (see Step 2).
- Remove eggplant from pot when done and set aside.

2

- Olive Oil
- 1 Medium Onion
- 1 Large (or 2 Med) Zucchini
- 1 Medium Bell Pepper
- 1 T Minced Garlic

- Drizzle more olive oil into pot.
- Add remaining diced veggies (onions, zucchini, and bell pepper).
- Add minced garlic and mix well.
- Cook approximately 10 minutes, stirring occasionally.

3

- FLEXIBLE MIX-IN OPTIONS:**
- Choice of Pasta (Noodle or Orzo), Rice, Polenta

- Begin to prepare your choice of "mix-in" or use any leftovers that you may have. Alternatively, you could serve with crusty bread.

4

- 1 Can (28oz) Diced Tomatoes
- 1 T Oregano
- 1 tsp EACH - Paprika, Thyme and Salt
- ½ tsp Pepper

- Add all of these ingredients to pot and mix well. Cook approximately 10 minutes, stirring occasionally.
- About 5 minutes into cook time, taste and add more spices as desired.

5

- OPTIONAL ADD-INS:**
- 1 Can (approx 15 oz) Chickpeas - Drained
  - ½ Cup Red Wine

- If desired, add these optional ingredients with Step 4. The wine adds a depth to the overall flavor and the chickpeas (while not traditional in Ratatouille) add a nice boost of protein.

**TO SERVE:**

- Salt & Pepper to Taste
- Fresh Cut Basil, if available

- Spoon Ratatouille over your preferred mix in above. Add salt & pepper to taste and top with fresh cut basil.