

# RATATOUILLE



We are so excited to share a recipe from our Good Meals To Go program, a collaboration between Groundswell Cafe and the Cultivate Hope Corner Store that provides affordable, healthy alternatives to fast food dining. We hope you enjoy this recipe and our Cooking for a Cause class!

*Recipe by Philip Hamilton, Groundswell Director*

## PREP TIME

- Prep - 15 minutes
- Cook - 50-70 minutes
- Serves 4-6 people

## INGREDIENTS

- 1 eggplant
- 1 yellow squash
- 1 zucchini
- 1 white onion
- 1 large tomato
- 1 red bell pepper
- 1 yellow bell pepper
- 2 oz. fresh basil
- 4 cloves of garlic
- 28 oz. can of crushed tomatoes
- Cooking oil of your choice
- Salt and pepper

## DIRECTIONS

- 01** Preheat oven to 375 degrees Fahrenheit.
- 02** Thinly slice eggplant, tomatoes, yellow squash, and zucchini into similar-sized tall circles. Chop fresh basil. Set ingredients aside.
- 03** Dice onion and peppers, mince garlic. In an oven-safe pan, sauté onions, peppers and garlic in cooking oil until slightly browned. Add salt and pepper.
- 04** Add can of crushed tomatoes and fresh basil, sauté for another 5-10 minutes. Remove from heat.
- 05** Layer your thinly-sliced vegetables in a circular pattern on top of the sauce in the pan.
- 06** Cover pan in foil and bake in oven for 30-40 minutes. Uncover and bake for a final 15-20 minutes.
- 07** Serve hot, or cover and save in the refrigerator.



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