Ratatouille

It is a rustic French dish of sautéed vegetables that finishes like a stew. It is a great fall/winter meal to utilize the wide array of squash and root vegetables that are plentiful that time of year.

Except for the onions, it works best if you chop the vegetables the same size so they all cook at the same rate.

Sautee:

One chopped onion in a couple of tablespoons olive oil until just translucent.

Add to the onion:

* Half a large eggplant (I do not use the part with seeds. No need to peel the skin off.)
* One or two carrots
* Small zucchini
* And any other root vegetables - at least two more kinds (yellow squash, bell peppers, acorn squash, etc)

Sauté all above ingredients about 20 minutes. (Do not let them get mushy.)  
Then add the Ratatouille spice.

* 1 t fresh thyme leaves
* 1 T fresh sliced basil leaves
* 1 T fresh chopped parsley

Add one can of diced tomatoes. Salt and pepper to taste.

Simmer for another 5 minutes.

Can be eaten as a main dish or side dish and served alone or with rice or pasta.

A delicious meal that will fill and nourish you but yet will not leave you uncomfortable.

Enjoy!