

Treasure Barrel

Homemade Classic French Ratatouille

25 min Prep time	**45 min** Cook time	**1 h 10 min** Total time
6 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Vegetables

- [ ] 1 large eggplant (about 1 lb), cut into 1-inch cubes
- [ ] 2 medium zucchini, cut into 1-inch chunks
- [ ] 1 red bell pepper, chopped
- [ ] 1 yellow bell pepper, chopped
- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced

For the Sauce

- [ ] 1 (28-ounce) can crushed tomatoes
- [ ] 3 tablespoons olive oil, divided
- [ ] 1 tablespoon herbes de Provence
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh basil leaves, for garnish

Instructions

1. Place the cubed eggplant in a colander and toss with a teaspoon of salt. Let it sit for 20-30 minutes to draw out moisture. Rinse briefly and pat very dry with paper towels.
2. Heat 2 tablespoons of olive oil in a large, heavy-bottomed pot or Dutch oven over medium heat. Add the onion and cook until softened, about 5 minutes. Add the garlic and cook for another minute until fragrant.
3. Add the chopped bell peppers to the pot. Cook, stirring occasionally, until they begin to soften, about 8 minutes.
4. Stir in the crushed tomatoes, herbes de Provence, and the bay leaf. Season with a good pinch of salt and pepper. Bring to a simmer, then reduce the heat to low. Let it cook gently for about 10 minutes to allow the flavors to meld.
5. Gently stir in the prepared eggplant and zucchini chunks. Try not to break them up too much. Cover the pot and let it simmer on low heat for 25-35 minutes, or until all the vegetables are very tender but still holding their shape. Stir occasionally.
6. Once cooked, remove the pot from the heat. Discard the bay leaf. Stir in the remaining 1 tablespoon of olive oil. Taste and adjust seasoning with more salt or pepper if needed. Let it rest for at least 10 minutes before serving. Garnish with fresh basil leaves.

Nutrition per serving

145 kcal	4 g	20 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Salting the eggplant is a crucial step for the best texture and to prevent bitterness.
- Ratatouille tastes even better the next day, so it's a great make-ahead meal.
- For a more intense flavor, you can roast the bell peppers and eggplant before adding them to the pot.