

Treasure Barrel

Remi's Ratatouille Soup Recipe

20 min Prep time	**40 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Soup Base

- [ ] 3 tablespoons olive oil
- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 medium eggplant, cubed
- [ ] 2 zucchini, sliced into half-moons
- [ ] 1 red bell pepper, chopped
- [ ] 1 yellow bell pepper, chopped

Liquid & Seasonings

- [ ] 1 (28-ounce) can San Marzano tomatoes
- [ ] 4 cups vegetable broth
- [ ] 1 teaspoon fresh thyme leaves
- [ ] 1 sprig fresh rosemary
- [ ] 2 bay leaves
- [ ] Salt and black pepper to taste
- [ ] Fresh basil for garnish

Instructions

1. Start by prepping all your vegetables – this is my favorite part, honestly. Chop the onion, mince the garlic, cube the eggplant into generous chunks, slice the zucchini into half-moons, and dice the bell peppers. I like to keep everything in separate little piles on my cutting board, admiring the colors before they all come together. Sprinkle the eggplant with salt and let it sit for about 20 minutes – this draws out excess moisture and any bitterness. Then pat it dry with paper towels. Meanwhile, tie the thyme, rosemary, and bay leaves together with kitchen twine for easy removal later.

2. Heat the olive oil in a large heavy pot over medium heat. Add the chopped onion and sauté until it turns soft and translucent, about 5-7 minutes. You'll know it's ready when the kitchen starts smelling sweet and the onions have lost their sharp bite. Add the minced garlic and cook for just another minute until fragrant – be careful not to let it brown, as burnt garlic can make the whole soup bitter. This foundation is what builds the deep flavor base for everything that follows.

3. Now add the eggplant cubes and cook until they start to soften and take on some color, about 8-10 minutes. They'll absorb the oil at first but then release it back as they cook. Then add the zucchini and bell peppers, stirring everything together. Let the vegetables cook for another 5 minutes until they begin to soften but still have some bite. The colors at this stage are just beautiful – all these different hues mingling together in the pot.

4 Pour in the canned tomatoes – I like to crush them with my hands as I add them for a rustic texture. Add the vegetable broth and the herb bundle. Bring everything to a gentle simmer, then reduce the heat to low, cover, and let it bubble away for about 25-30 minutes. The vegetables should be tender but not mushy. Remove the herb bundle, season with salt and pepper to taste, and let it rest off the heat for 15 minutes before serving. This resting time allows the flavors to meld beautifully.

Nutrition per serving

180 kcal	4 g	28 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Salting the eggplant first is optional but makes a big difference in texture
- The soup thickens as it sits – add more broth when reheating if needed
- Freezes beautifully for up to 3 months
- Tastes even better the next day as flavors develop