

SLOW COOKER RATATOUILLE

Recipe of the Month | **JUNE**

WAC Fun Food Fact

This recipe can be used in so many ways to add extra veggie servings to your meals! Use it as a pasta sauce, mix with rice, add to wraps, use as a topping for eggs . . .

It is vegan and contains no gluten or dairy.



INGREDIENTS

- 1 medium eggplant (unpeeled; about 1 pound), cut into 3/4-inch pieces
- 1 1/2 teaspoons salt
- 3 tablespoons olive oil
- 2 tablespoons tomato paste
- 1/4 teaspoon freshly ground black pepper
- 5 medium Roma or plum tomatoes (about 1 pound), cut into medium dice
- 2 medium zucchini and/or yellow summer squash (about 8 ounces each), cut into 3/4-inch pieces
- 1 large red, orange or yellow bell pepper, seeded and cut into 1/4-inch-thick slices
- 1 large onion, sliced into half-moons
- 4 large cloves garlic, thinly sliced
- 1 tablespoon chopped fresh thyme leaves (may substitute 1 teaspoon dried thyme)
- 1 bay leaf
- Fresh basil leaves, left whole or cut into ribbons (chiffonade), for garnish

INSTRUCTIONS

Place the eggplant in a colander set over a bowl or in the sink, and toss with 1 teaspoon of the salt. Allow to sit and drain for 30 minutes, then rinse the eggplant with cold water. Lay the eggplant on paper towels and pat with additional paper towel to remove as much water as possible.

Whisk together the oil, tomato paste, the remaining 1/2 teaspoon of salt and the black pepper in a medium bowl until incorporated.

Combine the drained/rinsed eggplant, tomatoes, zucchini and/or squash, bell pepper, onion, garlic and thyme in your slow-cooker. Add the oil-tomato paste mixture and stir to incorporate. Add the bay leaf. Cover and cook on LOW for 4 hours or until the vegetables are tender, then uncover and cook for 1 hour more to allow some of the liquid to evaporate and the vegetables to meld further. Discard the bay leaf.

Garnish with the basil before serving.



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