



Ratatouille

8 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Ratatouille

8 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Ratatouille

8 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019



Ratatouille

8 Servings



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. © 2019

Ratatouille

8 Servings

Ingredients:

- 2 Tbsp. vegetable oil
- 1 yellow onion, sliced
- 2 bell peppers, chopped
- 1 eggplant, peeled and cubed
- 3 garlic cloves, minced
- 1 (15oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- 1/2 tsp. black pepper
- 1/2 c. fresh parsley, chopped

Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Peel onion and slice onion into ½ inch pieces.
4. Remove stem and seeds from pepper and cut into 1 inch pieces.
5. Cut eggplant into 1 inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant and garlic. Saute until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot.
9. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 Tbsp. dried parsley in place of 1/2 c. fresh chopped parsley.

Ratatouille

8 Servings

Ingredients:

- 2 Tbsp. vegetable oil
- 1 yellow onion, sliced
- 2 bell peppers, chopped
- 1 eggplant, peeled and cubed
- 3 garlic cloves, minced
- 1 (15oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- 1/2 tsp. black pepper
- 1/2 c. fresh parsley, chopped

Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Peel onion and slice onion into ½ inch pieces.
4. Remove stem and seeds from pepper and cut into 1 inch pieces.
5. Cut eggplant into 1 inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant and garlic. Saute until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot.
9. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 Tbsp. dried parsley in place of 1/2 c. fresh chopped parsley.

Ratatouille

8 Servings

Ingredients:

- 2 Tbsp. vegetable oil
- 1 yellow onion, sliced
- 2 bell peppers, chopped
- 1 eggplant, peeled and cubed
- 3 garlic cloves, minced
- 1 (15oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- 1/2 tsp. black pepper
- 1/2 c. fresh parsley, chopped

Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Peel onion and slice onion into ½ inch pieces.
4. Remove stem and seeds from pepper and cut into 1 inch pieces.
5. Cut eggplant into 1 inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant and garlic. Saute until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot.
9. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 Tbsp. dried parsley in place of 1/2 c. fresh chopped parsley.

Ratatouille

8 Servings

Ingredients:

- 2 Tbsp. vegetable oil
- 1 yellow onion, sliced
- 2 bell peppers, chopped
- 1 eggplant, peeled and cubed
- 3 garlic cloves, minced
- 1 (15oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- 1/2 tsp. black pepper
- 1/2 c. fresh parsley, chopped

Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Peel onion and slice onion into ½ inch pieces.
4. Remove stem and seeds from pepper and cut into 1 inch pieces.
5. Cut eggplant into 1 inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant and garlic. Saute until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot.
9. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 Tbsp. dried parsley in place of 1/2 c. fresh chopped parsley.