CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Ratatouille

Vegetable Diversity & Light Recovery

www.consciousrewire.com

Ratatouille

Vegetable Diversity & Light Recovery

What This Supports

Supports vegetable intake, fiber, and micronutrients.

Why It Works

Slow-cooked vegetables improve digestibility and flavor.

Ingredients

Ratatouille

Ingredients:

eggplants

zucchini

red or yellow peppers

ripe tomatoes

tbsp cooking fat (butter, ghee, coconut oil)

medium onion

cloves garlic

tbsp red wine vinegar (any cooking vinegar would work)

tsp sugar

Bunch of fresh basil

Directions

tbsp cooking fat (butter, ghee, coconut oil)

tbsp red wine vinegar (any cooking vinegar would work)

Rinse the tomatoes, score an X on the bottom of them, and place in a heat proof bowl. Cover with boiling water for 20 seconds then drain and cover with cold water. Leave to cool then peel the skin away.

Heat 1 tbsp cooking fat in a pot and add in the eggplant. Cook for 5 minutes then place back in its original bowl and set aside. Repeat the process for the zucchini and peppers.

Cook the onion for 5 minutes in the pot, add garlic and cook for an additional minute. Add in the vinegar and the sugar and stir. Tip in the tomatoes then the rest of the vegetables and stir.

Simmer, covered on low, for half an hour, stirring occasionally.

Best Use

Use as a side or light main.

Food Notes & Safety

Cool promptly after cooking.

Storage & Reheating

Refrigerate up to four days.