

*During this session, Tamara will demonstrate this recipe and some other great tips for cooking simple and delicious plant-based meals at home. Feel free to gather the ingredients and cook along with Tamara! Dinner done!*

# French Vegetable Ratatouille

## Ingredients

- 1 small eggplant (1 pound), peeled and cut into ½-inch cubes (about 5 cups)
- 4 roma tomatoes, chopped
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 medium green bell pepper, cut into strips
- 1 medium onion, sliced
- 2 cloves garlic, finely chopped
- 2 Tablespoons olive oil
- 1 tsp. salt (optional)
- 1 tsp dried basil leaves or Italian Seasoning



## Directions

1. Mix all ingredients in a 3-1/2- to 6-quart slow cooker.
2. Cover and cook on low heat setting 6 to 8 hours or until vegetables are tender.