

Ratatouille Soup

Serves 4-6

This dish transform a classic dish into an easy weeknight meal. Loaded with colorful, nutrient-rich veggies this is a great, healthy choice for the new year. With its warming combination of flavors, the soup sports just a touch of heat thanks to the addition of the jalapeño pepper. Serve this soup with a side of crusty, warm bread.

Ingredients:

1 onion, diced
2 cloves garlic, minced
1 jalapeño, halved, seeded, and minced
4 tablespoons olive oil
1 medium eggplant, diced into 1/2" cubes
2 red peppers, seed, and diced into 1/2" cubes
1 zucchini, 1/4 inch slices, halved or quartered
1 (28 oz can) diced tomatoes, (reserve juice)
8-12 leaves of fresh basil
2 cups vegetable broth

Garnish:

fresh basil leaves, julienned

Directions:

1. In a large Dutch oven sauté the onion, garlic and jalapeño in olive oil. When onion begins to soften and turn translucent, add the eggplant chunks. Once the eggplant begins to soften, add the red pepper and zucchini. Cook until the vegetables are very tender and lightly browned, about 20 minutes.
2. Add the diced tomatoes, basil and vegetable broth, and simmer for an additional 20-25 minutes.
3. Serve with a garnish of fresh basil, and a side of crusty bread.