***Ratatouille***

2 tablespoons extra virgin olive oil

1 large organic eggplant, peel on, cut into 1” cubes

½ cup water

1 medium garlic clove, diced

1 medium red or green bell pepper, cut into narrow strips

3 medium yellow squash or zucchini, cut into 1/4' slices (do not peel if the peel is in good shape)

1 medium tomato, diced  (tomato is like a seasoning in this dish - don’t use too much!)

½ teaspoon salt

½ teaspoon ground black pepper

A few leaves of fresh basil or parsley if available

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Optional:  hard or soft-boiled eggs

Cut up the eggplant.  Heat the oil in a large pot first, then add the eggplant.  Stir and allow to cook about 5 minutes until the eggplant begins to cook down.  Add the remaining ingredients as they are prepared.  Cover and cook for 30 to 45 minutes, stirring occasionally.  It is done when the eggplant is completely cooked down.  Eggplant has to be completely soft, it virtually disappears, before it develops its flavor.  If this recipe doesn’t taste fabulous it may be because the eggplant is not cooked down enough.  Organic eggplant is probably also better.

Good served with sliced hard-boiled eggs, or make a well in the finished ratatouille and soft-cook the eggs for about 6-7 minutes