

## Vegan Walkaway Ratatouille

Source: Cook's Illustrated, Better Vegan

Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 1 hr 25 min Total Time: 1 hr 40 min

Serves 6 to 8

*Contains nightshades*



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Recipe Link:

<https://www.betterveganrecipes.com/vegan-walkaway-ratatouille>

### Ingredients:

3 Tbsp. coconut or avocado oil  
2 large onions, cut into 1-inch pieces  
8 large garlic cloves, peeled and smashed  
Pink Himalayan salt  
Black pepper  
1 ½ tsp. herbes de Provence  
¼ tsp. red pepper flakes  
1 bay leaf  
1 ½ pounds Italian eggplant, peeled and cut into 1-inch pieces  
2 pounds plum tomatoes, peeled, cored, and chopped coarse  
2 small zucchinis, peeled, halved lengthwise and cut into 1-inch pieces  
1 red bell pepper, stemmed, seeded, and cut into 1-inch pieces  
1 yellow bell pepper, stemmed, seeded, and cut into 1-inch pieces  
2 Tbsp. chopped fresh basil  
1 Tbsp. minced fresh parsley  
1 Tbsp. sherry vinegar  
1 Tbsp. extra-virgin olive oil for garnish

### Instructions:

1. Prepare the ingredients.
2. Adjust oven rack to middle position and heat oven to 400 degrees. Heat coconut oil in Dutch oven or large pot over medium-high heat until shimmering. Add onions, garlic, 1 teaspoon salt, and ¼ teaspoon pepper and cook, stirring occasionally, until onions are translucent and starting to soften, about 10 minutes. Add herbes de Provence, pepper flakes, and bay leaf and cook, stirring frequently, for 1 minute. Stir in eggplant and tomatoes. Sprinkle with ½ teaspoon salt and ¼ teaspoon pepper and stir to combine. Transfer pot to oven and cook, uncovered, until vegetables are very tender and spotty brown, 40 to 45 minutes.
2. Remove pot from oven and, using potato masher or heavy wooden spoon, smash and stir eggplant mixture until broken down to sauce-like consistency. Stir in zucchini, bell peppers, ¼ teaspoon salt, and ¼ teaspoon pepper and return to oven. Cook, uncovered, until zucchini and bell peppers are just tender, 20 to 25 minutes.

3. Remove pot from oven, cover, and let stand until zucchini is translucent and easily pierced with tip of paring knife, 10 to 15 minutes. Using wooden spoon, scrape any browned bits from sides of pot and stir back into ratatouille. Discard bay leaf. Stir in 1 tablespoon basil, parsley, and vinegar. Season with salt and pepper to taste. Transfer to large platter, drizzle with 1 tablespoon olive oil, sprinkle with remaining 1 tablespoon basil, and serve.

#### Notes:

This dish is best prepared using ripe, in-season tomatoes. If good tomatoes are not available, substitute one 28-ounce can of whole peeled tomatoes that have been drained and chopped coarse.

#### Serving suggestion:

This dish can be served on its own with gluten-free bread, over pasta or rice. It can also be served warm, at room temperature, or chilled.