

# Beans, Rice And Everything Nice

## Oven Baked Ratatouille



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com) ©

### Ingredients

*makes 6-8 servings*

- 3 22 cm (9 inch) long Japanese eggplants, quartered length-wise, cut in 1 cm (1/2 inch) slices
- 1 22 cm (9 inch) zucchini, quartered length-wise, cut in 1 cm (1/2 inch) slices
- 1 large green pepper, cut in 2.5 cm (1 inch) chunks
- 1 large orange pepper, cut in 2.3 cm (1 inch) chunks
- 4 large Roma tomatoes, quartered length-wise, cut in 1 cm (1/2 inch) slices
- 1/2 red onion thinly sliced
- 5 cloves garlic, coarsely chopped
- 2 Tablespoons Italian seasoning (or 2 teaspoons each of dried basil, oregano, and thyme)
- 2 cups water
- 2 Tablespoons red wine vinegar
- 2 Tablespoons low-sodium tamari (gluten-free if needed)
- 1 Tablespoon cornstarch
- 2 Tablespoons cold water.

1. Preheat the oven to 205°C (400°F). Place the chopped eggplant, zucchini, peppers, and tomatoes in a large casserole dish. Sprinkle with the herbs and toss to combine.
2. Add the sliced onion and coarsely chopped garlic in a layer on top. Mix the water with the red wine vinegar and tamari and pour into the casserole dish.
3. Cover and bake for 20 minutes. After 20 minutes, remove from the oven and stir to combine. Recover, put the dish back in the oven, and cook for another 20 minutes or until the vegetables are soft.
4. Remove from the oven and let cool for 5 minutes. Carefully pour the liquid into a saucepan. You should have about 2 cups. Make a slurry with 1 tablespoon of cornstarch and 2 tablespoons of water. Bring the liquid in the saucepan to a simmer over medium heat, and stir in the starch slurry. Keep stirring and cook until the liquid is clear and has thickened a bit. You can add this back the Ratatouille or add to individual plates as a sauce when serving your meal.