

Ratatouille

Pan fry:

12-16 oz. firm **tofu**

Drain the tofu and cut into bite sized triangles or cubes. Either fry in olive oil beforehand or wait until the end and put cubes in without frying. If you are going to fry, first try to press out the excess water by folding up in a cloth towel or paper towel and pressing firmly but not so much so that it will squish the tofu block.) To fry, use about 2 Tbsp. olive oil and fry tofu on medium high. Fry until golden brown (about 5 minutes per side). Remove from pan.

In 5 quart pan add:

Just enough **olive oil** to fry:

1 large chopped **onion**

7 cloves **garlic**, minced

Sauté for about 5 minutes.

Add to the pan:

1/4 cup **dry red wine**

1 medium **eggplant**, peeled and cubed,

1 large can (32 oz.) diced **tomatoes**

2 tsp. **salt**

1/4 cup fresh or 1 teaspoon dried **basil** (if using fresh basil, add with the tofu at the end of cooking time)

1 teaspoon **marjoram** (optional)

1/2 teaspoon **oregano**

1/2 teaspoon **cayenne pepper** (optional)

1 **bay leaf**

Stew for about 15 minutes. (If using Japanese or Chinese eggplant instead of American eggplant, don't pre-cook for 15 minutes, instead cook at the same time and for the same length of time as the zucchini and summer squash below.)

Add to eggplant mixture:

2 small **zucchini**, cubed

2 small **summer squash**, cubed

1 very thinly sliced **green or red bell pepper**

Stew until tender (10-15 minutes)

Add to the vegetable mixture:

tofu as prepared above

basil as above, if using fresh basil

Heat through.

Remove from heat then stir in:

1/4 teaspoon **black pepper**

salt to taste

Ladle over pasta, polenta, rice or couscous.

Serves 2-3