



Saturday, August 10, 2019

## **Farmer's Market Eggplant Ragu by Chef Tina/Coastal Thirst**

### *Ingredients:*

2 Eggplant-Peeled & Diced Large	1 Zucchini-Peeled & Diced
1 Red Bell Pepper-Diced	1 t Garlic-Minced
1/2 Cup Diced Red Onion	1/3 Cup Mixed Fresh Herbs- Basil, Oregano, Thyme, Rosemary
1 Cup Olive Oil	Kosher Salt and Ground Black Pepper to taste
1/3 Cup Stewed Tomatoes	

### **Directions:**

Cook eggplant and zucchini in a large skillet on low-medium heat with 3/4 cup olive oil, stirring occasionally. Eggplant should be well coated with oil, add more oil if needed. Allow to cook 30-40 minutes, stirring. In a separate skillet, cook peppers and onions on medium heat with 2 T Olive Oil, until onions are translucent. Try not to brown, reduce heat if necessary. Add garlic, allowing to cook for 1-2 minutes. Follow with fresh herbs, stewed tomatoes, salt and pepper. Cook another 10 minutes on a low simmer, stirring until thick like a paste. When thickened, remove from heat and place in a medium mixing bowl, allowing to cool. When eggplant and zucchini are completely cooked through, remove from heat and strain off oil. Leave in Strainer for 15-20 minutes to drain off excess oil. Add eggplant to stewed vegetables and fold together until combined.

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