Chunky Ratatouille Sauce

(Serves 6)

1 large eggplant, cut into 1-inch chunks
2 stalks celery, chopped
2 small onions, chopped
8 ounces of cremini mushrooms (also called baby bellas)
6 cloves garlic, minced
1/2 cup red wine
1/4 to 1/2 cup water
1 teaspoon Italian herbs
1/2 teaspoon thyme
1/2 teaspoon black pepper (add more to taste)
1 15-ounce can fire-roasted tomatoes

Soak eggplant chunks in salted water for 10 minutes. Drain, rinse, and drain again. Braise onion, celery, and garlic in 1/4 cup of red wine. When the vegetables are soft, add the eggplant chunks and 1/4 cup of water. Simmer, stirring occasionally, until the eggplant is soft (about 8 to 10 minutes). Add more water if necessary to keep mixture from drying out. Add mushrooms, spices, remaining wine, and can of tomatoes. Simmer for 5 minutes. Serve over pasta shells, brown rice, or your favorite grain.

Recipe from PCRM Weight Loss Study Cooking Demonstration contributed by Amy Lanou, Ph.D.