



## INGREDIENTS:

### FAMILY-SIZE

**SERVES: 8**

**PORTION SIZE: 1.25 CUPS**



### SCHOOL FOOD SERVICE

**# PORTIONS: 24**

**PORTION SIZE: 1.5 CUPS**

- 6 tablespoons Vegetable or Olive Oil
- 1 large (1.25 lbs.) Eggplant, 1/2-inch cubes
- 2 medium Zucchini (1 lb.), 1/2-inch dice
- 1 medium Onion, finely chopped
- 1 Red/Yellow/Orange Pepper, 1/4-inch dice
- 5 cloves Garlic, chopped or 2 teaspoons minced
- 4 large Tomatoes (1.75 lbs.), 1/2-inch cube, w/ juice
- 1 tablespoon Tomato Paste
- 2 teaspoons fresh Thyme, chopped
- 3/4 teaspoon Sugar
- 1/2 teaspoon Salt
- 1 each 15.5 ounce can White Beans, drained
- 3 tablespoons fresh Basil, chopped

- 1 cup Vegetable or Olive Oil
- 3.75 lbs. (3 large) Eggplant, 1/2-inch cubes
- 3.25 lbs. Zucchini (7 medium), 1/2-inch cubes
- .75 lb. Onions (2 medium), finely chopped
- 2.5 lbs. Red/Orange Peppers, 1/4-inch dice
- 2 tablespoons minced Garlic
- 3.75 lbs. Tomatoes (9 large), 1/2-inch cubes, w/ juice
- 3 tablespoons Tomato Paste
- 2 tablespoons fresh Thyme, chopped
- 2 teaspoons Sugar
- 1.5 teaspoons Salt
- 1.5 each #10 can White Beans, drained
- 1/2 cup fresh Basil, chopped

**Portion Size: 1 cup = 2 oz. Meat Alternate;  
1/2 cup Vegetables/Red-Orange;  
1/2 cup Vegetables/Other**

## DIRECTIONS:

**1** Chop vegetables. Coat fry pan, tilting skillet, or kettle with oil. Add eggplant, zucchini, onions, peppers & garlic. Cook on medium heat for approximately 10-12 minutes. Stir frequently.

**2** Add tomatoes & their juice, tomato paste, thyme, sugar & salt. Simmer for 10 minutes.

**3** Add drained beans. Simmer for 5-8 minutes.

**4** Sprinkle with fresh basil. Serve warm or chilled with crusty bread.



**PAIR WITH NJ FARM TO SCHOOL  
FOOD MEMORY ACTIVITY!**

RECIPES MADE IN COLLABORATION WITH:

