

# Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!



VEGAN  
GLUTEN-FREE

## Baked Ratatouille with Wild Rice

### INGREDIENTS

2 large red bell peppers (1" cubes)  
3 medium zucchini (¼" medallions)  
1 large eggplant (1" cubes)  
2 Tbsp. each of fresh basil, parsley  
and thyme (chopped)  
2–3 cloves garlic (minced)  
¼–½ cup olive oil  
Salt and pepper (to taste)

1 cup wild rice  
3 cups water (or vegetable stock)

2 Tbsp. olive oil  
1 medium yellow onion (chopped)  
4 cloves garlic (minced)  
2 lb. ripe tomatoes (diced)  
2 Tbsp. fresh basil (chopped)  
2 Tbsp. fresh thyme (chopped)  
Salt and pepper (to taste)

### DIRECTIONS:

1. Pre-heat oven to 350 °F.
2. In a large bowl, toss red peppers, zucchini, and eggplant with olive oil and chopped herbs. Add salt and pepper.
3. Spread in a single layer on two baking sheets and bake for 30 minutes. Stir and bake another 15–20 minutes.
4. Add wild rice and water (or vegetable stock) to saucepan. Bring to a boil (lid on), then turn to low and let simmer for 40–45 minutes.
5. While rice and veggies are cooking, heat olive oil in a large skillet. Sauté onions until translucent.
6. Add garlic and tomatoes until slightly thickened before adding the herbs, salt, and pepper. Reduce heat and let simmer for 15 minutes.
7. Stir veggies into the tomato sauce and serve over rice.
8. Garnish with fresh herbs.

**From the kitchen of:**  
Rachel

*This delicious ratatouille makes the most of some of my favourite vegetables to grow in my own garden – tomatoes, zucchinis, eggplant, and fresh herbs. When paired with the nutty wild rice, it's a hearty gluten-free meal.*



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