

# Ratatouille Soup with Baked Fetta

Well, what can I say about this one except YUM! So healthy, fresh and zesty and if you have an issue with portion control (like myself).....doesn't matter!

You can eat as much of this baby as you like because there is virtually no fat or carbs in it. It does go very well with fresh crusty bread if you don't want to do the low carb option and let's face it....life is for living, isn't it?

Prep time: 20 Minutes

Cooking time: 30 Minutes

\$ Low Budget

Serves 6 (with warm hearty leftovers for lunch)

3 baby eggplant, sliced

3 zucchini, sliced

1 punnet swiss brown mushrooms, halved

1 each red, yellow and green capsicum, cut into chunks

6 yellow squash, quartered

2 red onions, cut into wedges

3 handfuls of green beans, topped/tailed and cut in half

2 x 400gm tins of chopped tomatoes

1 long red chilli, chopped finely (seeds removed if you don't like it too spicy)

4 cloves of garlic, finely chopped

1 bunch of dill, finely chopped (some stems reserved for garnish)

1 bunch continental parsley, finely chopped

1 tsp Sea Salt

Water (approx 3 cups)

Cracked pepper

120gm of Fetta (I used goat fetta but any will do and low fat is fine if you prefer)

Extra virgin olive oil for drizzling (optional but sensational)

This is so simple. Place all the chopped, sliced and diced ingredients in a large soup pot, except the fetta and olive oil. Pour in enough water so that

you can just see it at the surface. Bring to the boil and reduce to a gentle simmer for 1/2 an hour. Meanwhile, pre heat the oven to 180 degrees. Cut the fetta into cubes and place in a small baking tray. Drizzle some of the ratatouille juice (making sure you get some herbs, garlic and chilli) over the fetta and bake for about 1/2 an hour or until nice and golden on the edges. Ladle the ratatouille into large bowls, top with the molten fetta, a sprig of dill and drizzle of olive oil and enjoy this warm, hearty, healthy, clean, scrumdiddlyumptious, simply awesome soup!