



VEGETABLE STEW

Makes 4 generous servings.

This nutritious, easy to prepare dish is quite versatile. It can be a side dish or a luncheon dish served with or without grated mozzarella.

INGREDIENTS

- 4 tablespoons extra-virgin olive
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 green bell pepper
- 1 medium eggplant
- 1 zucchini
- One, 14 ounce can chopped tomatoes (See Note)
- One, 15 ounce can chickpeas, drained (See Note)
- 6 sprigs oregano, plus extra leaves for garnish.
- Kosher salt,
- Freshly ground black pepper
- Grated mozzarella, optional

PREPARATION

1. Heat the oil in a medium saucepan, add the onion and garlic and sauté for a few minutes.
2. Rinse the pepper, pat dry, remove the seeds and cut into small cubes.
3. Rinse and pat dry the eggplant, discard the stem, and cut the rest into small cubes. (If the

eggplant is very seedy, scrape off as many of the seeds much as you can)

4. Rinse and pat dry the zucchini, and, discard the stem and cut the rest into cubes.
5. Add all of the vegetables to the saucepan and sauté for a few minutes.
6. Add the tomatoes, chickpeas and oregano.
7. Bring to a boil, reduce the heat and cook, covered, for about 40 minutes. The vegetables should be soft.
8. Remove the oregano sprigs and season to taste with salt and pepper.
9. Serve garnished with chopped oregano leaves and grated mozzarella.

NOTE

I use Pomi brand chopped tomatoes which now come in 14 ounce cans.

The chickpeas I use are Goya brand.