
Summer Vegetable Medley

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com.

Servings: 12

2 tablespoons extra-virgin olive oil
1 large onion
3 carrots
2 stalks celery
3 small new potatoes, scrubbed
8 ounces (about 1 cup) green beans, fresh or frozen
6 Roma tomatoes or 1 (28 ounce) can diced tomatoes, with liquid
2 cloves garlic (more if desired)
1/3 cup organic ketchup (no high fructose corn syrup)
1/2 teaspoon sea salt
1 small eggplant
1 green bell pepper
1 red bell pepper
1 yellow squash
1 zucchini
1 teaspoon dry basil or 1 tablespoon fresh
1/2 teaspoon dry oregano or 1/2 tablespoon fresh
1/2 teaspoon dry parsley or 1 tablespoon fresh

To begin, prepare the first group of vegetables because they take longer to cook. Peel and cut onion into 1-inch chunks. Peel carrots. Slice carrots and celery on the diagonal. Cube potatoes. Cut green beans into 1-inch pieces. Dice tomatoes, if using fresh. Mince garlic.

In stockpot, add oil, onion, carrots, celery, potatoes, green beans, tomatoes, garlic, ketchup and salt. Bring to a boil, then reduce heat to slow simmer. Cover and cook one hour.

Meanwhile, prepare remaining vegetables. Cut unpeeled eggplant into one-inch cubes and cut bell pepper in half. Remove stem, white membrane and seeds from bell peppers and cut peppers into cubes. Remove ends and cut yellow squash and zucchini in half lengthwise and then across into slices.

Add remaining vegetables to stockpot with dry herbs and continue to cook, covered, for 30 minutes longer at a slow simmer until desired tenderness. If using fresh herbs, stir in at the end of cooking.

Salads/Side Dishes