

Veggie Cassola

Swick

Makes 4 servings | Active Time: 20 minutes | Total Time: 1 hour 10 minutes

Step 1: Making the Dish

- 1 zucchini, cut into 1/2-inch dice
- 1 large onion, chopped
- 2 large red or yellow bell peppers, chopped
- 2 carrots, peeled and coarsely chopped
- 1 Italian eggplant, cut into 1/2-inch dice
- 1/2 cup extra-virgin olive oil
- Salt and pepper (optional)
- 1 bunch parsley, washed and chopped
- 5 leaves basil
- 1 sprig thyme, stemmed and minced
- 1 sprig oregano, stemmed and minced
- 3 bay leaves

Preheat oven to 300 degrees.

In a large bowl, toss all vegetables with olive oil. Add salt and pepper to taste.

Toss with herbs, then spread out evenly on a large roasting pan. Roast for 1 hour.

Remove bay leaves, then serve with crusty bread or flatbread.