

Oklahoma Gardening
Late Summer Stew

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| 2 tablespoons olive oil | 3/4 cup green peas, frozen |
| 2 large yellow onions, chopped | 1/2 cup fresh corn, cut from cob |
| 2 cloves garlic, crushed | 1 medium green pepper, chopped |
| 3 medium carrots, grated | 1 cup cauliflower, sliced |
| 2 stalks celery, sliced | 1/2 teaspoon dried basil |
| 1 medium yellow squash, sliced | 1/2 teaspoon dried oregano |
| 1 medium zucchini, sliced | 1/2 teaspoon dried thyme |
| 1 medium eggplant, chopped | 1/2 teaspoon black pepper, freshly ground |
| 1/2 cup green beans, frozen, sliced | |
| 4 medium tomatoes, blanched, skinned and chopped or 1 15-ounce can diced tomatoes | |

1. Heat olive oil in large pan. Add onions and half the garlic. Sauté until onions are brown. Add carrots and stir well. Add remaining vegetables, one at a time, and stir well after each addition to the pot.
2. Cook over medium heat until vegetables are tender but not overcooked. Add basil, oregano and thyme. Remove from heat and let cool, uncovered, for 30 minutes.
3. Add remaining garlic and stir well. Season with pepper to taste.

Serves 8 to 10.

Nutrition Facts		
Serving Size: 1/8 of recipe		
Servings per recipe: 8		
Amount Per Serving		
Calories 118	Calories from fat 36	
% Daily Value		
Total Fat 4g	6%	
Saturated Fat 1g	3%	
Cholesterol 0	0%	
Sodium 48g	2%	
Carbohydrate 20g	7%	
Dietary Fiber 6g	24%	
Protein 4g	8%	
Vitamin A: 169%	Vitamin C: 75%	Folacin: 16%
Calcium: 5%	Iron: 9%	Potassium: 19%

Modified from original source: <http://www.copykat.com/asp/popuprecipe.asp?recipe=844>
 Barbara Brown, Food Specialist
 Oklahoma Cooperative Extension Service