



Prep Time: 20 Min Cook Time: 25 Min Serves: 6

Ingredients:

- 3 Tbsp olive oil, divided
- 1 small onion
- 2 cloves garlic
- ½ cup fresh basil
- 2 or 3 large tomatoes, or 1 (15 oz) can of unsalted diced tomatoes
- 1 small eggplant
- 1 bell pepper
- 3 zucchini and/or yellow summer squash
- 6-8 Okra pods (optional)
- 1 tsp salt
- ¼ tsp pepper
- ½ cup water

Instructions:

1. Peel and dice onion. Mince garlic. Chop basil. Set these aside.
2. Dice tomatoes, eggplant, peppers, zucchini, yellow squash and okra into ½ inch chunks. Set aside.
3. In a large pan, heat 1 ½ tablespoons olive oil over medium-high heat.
4. Add onion and garlic and stir frequently until onion is tender, about 2 minutes. This is called sauteing.
5. Add the remaining 1 ½ tablespoons olive oil and eggplant, salt, and pepper. Saute for about 5 minutes.
6. Add the peppers, squash, zucchini, and okra, saute for another 3-5 minutes.
7. Add tomatoes and ½ cup of water. Stir and cover, reduce heat to low, and simmer, stirring occasionally, until eggplant is soft when pierced, about 10-15 minutes. Add a little more water if you would like the sauce thinner.
8. Stir in basil. Taste and adjust seasonings if needed.
9. Serve over couscous, rice, pasta or spaghetti squash!

**Try experimenting with other fresh,
frozen or canned vegetables**