



Mediterranean Stew

This stew has a good blend of flavors and textures. Serve over polenta, rice, or couscous.

- 2 Tbs. olive oil
- 1 cup red onion, chopped
- 2 cups green pepper, coarsely chopped
- 2 cloves garlic, crushed
- 1 cup mushrooms, sliced
- 1 medium eggplant, unpeeled, cut into 1-inch chunks (about 4 cups)
- 1 28-oz can crushed tomatoes
- 1/2 cup kalamata olives, pitted and sliced
- 1 15-oz can of garbanzo beans, drained
- 1 Tbs. rosemary, chopped
- 1 cup parsley, coarsely chopped

1. Heat oil in a large pan. Sauté onion and pepper until soft, about 10 minutes. Add garlic, mushrooms, and eggplant. Simmer, stirring occasionally, until eggplant is softened but not mushy, about 15 minutes.

2. Add tomatoes, olives, garbanzo beans, and rosemary. Simmer until heated through, about 10 minutes. Stir in parsley. Makes six generous servings.