



Ingredients

- 1 large onion, coarsely chopped
- 6 garlic cloves, minced
- 2 tbsp (30 mL) water
- 4 tbsp (60 mL) olive oil
- 1 small eggplant, cubed
- 1 cup (250 mL) tomato sauce
- 1 bay leaf
- 1 tsp (5 mL) fresh basil
- 1 tsp (5 mL) oregano
- ⅛ tsp (0.5 mL) finely chopped rosemary
- large zucchini, cubed
- 1 medium red pepper, cubed (seeds removed)
- 1 medium green pepper, cubed (seeds removed)
- 3 large tomatoes, coarsely chopped

- 3 tbsp (45 mL) tomato paste
- ½ cup (125 mL) Omega Essential Balance Oil or Udo's Choice Ultimate Oil Blend
- ½ cup (125 mL) chopped parsley

Instructions

1. In a large, deep pot, frizzle onion and garlic in water and olive oil until onion turns translucent.
2. Add eggplant, tomato sauce, bay leaf, basil, oregano, and rosemary. Mix ingredients, cover, and simmer on low heat for 20 minutes.
3. Stir in zucchini and red and green peppers and simmer for another 5 minutes.
4. Stir in tomatoes and tomato paste. Mix thoroughly.
5. Simmer until vegetables are cooked to desired tenderness.
6. Turn off the heat and stir in Omega Essential Balance Oil or Udo's Choice Oil and chopped parsley.
7. Add some good hearty bread and a side dish of brown basmati rice and you'll have the full meal deal.

Makes 6 servings.