

Pepper, eggplant, and onion stew

This is a great go-to recipe when you don't feel like doing a lot of prep work or spending hours in the kitchen. There's little effort required, and the end result is tasty and filling!

Ingredients:

- 6 bell peppers, chopped and seeded
- 2 medium eggplants, chopped
- 3 medium yellow onions, chopped
- 4-5 cloves garlic, minced
- 1 can crushed tomatoes
- Your favorite dried herbs- basil, oregano, etc.
- Salt and pepper to taste
- 4-6 cups of your favorite grain, cooked

Instructions:

1. Preheat oven to 500 degrees
2. Place bell peppers, eggplant, onion, and garlic on a baking sheet (two, if needed) and sprinkle lightly with salt and pepper, if desired
3. Roast for about 45 minutes, or until vegetables are fork-tender and beginning to brown
4. Put cooked vegetables in a Dutch oven or large pot. Add crushed tomatoes and herbs of choice.
5. Heat the mixture on medium until it reaches desired temperature. Add salt and pepper as needed.
6. Serve over your favorite grain. Enjoy!

