

Mediterranean Stew

2 Tbsp olive oil

1 C red onion coarsely chopped (I leave this out)

1 C green pepper coarsely chopped (I often add a red pepper as well since I have them)

2 garlic cloves

1 C sliced mushrooms

1 small eggplant, cubed (4 cups)

1 29oz. can crushed tomatoes

½ C kalamata olives pitted & sliced

1 15oz can garbanzo beans

1 Tbsp fresh rosemary chopped

1 C fresh parsley coarsely chopped

Polenta

Feta Cheese

Sauté onion & pepper in 1 Tbsp oil until tender, about 10 min. Add 1 Tbsp oil, garlic, mushrooms & eggplant, simmer until tender, about 20 min. Add tomato, olives, beans and rosemary, cook gently about 10 min. Stir in parsley.

Serve over polenta. Top with crumbled feta cheese.

I sometimes add zucchini and sub another kind of bean for the garbanzos, just using what I have on hand. This is a recipe I've made repeatedly for 19 years now beginning with Solstice of 2004, our wedding anniversary. Happy Solstice Everyone!