

Farmers Stew

From your box: eggplant, onion, squash, zucchini, thyme, oregano

Other Ingredients: olive oil, tomato paste, red wine or water, salt, pepper, parmesan cheese

Coarsely chop all the vegetables. In a large covered pot, sauté eggplant, onion, and a few sprigs of thyme in olive oil until softened. Add squash and zucchini and continue to cook another couple minutes until tender. Mix in one tablespoon of tomato paste, one tablespoon chopped oregano, and a half cup of red wine or water, scraping up any brown bits on the bottom of the pot. Bring to a boil, then lower to a simmer until vegetables are finished cooking. Season with salt and pepper, top with parmesan, and serve with pasta, couscous, or crusty bread.

Adapted Deborah Madison's cookbook Local Flavors