

Roasted Many-Veggie Stew

8 ounces new potatoes, unpeeled, quartered
1 cup each cabbage, cauliflower florets, halved green beans
(or veggies you have in the fridge)
like I did
1 cup each, thinly sliced green bell peppers, onion
3 cloves garlic minced
Olive oil cooking spray
3/4 - 1 tsp dried Italian Seasoning - (I used tuscan)
1 cup each reduced-sodium veg broth, dry red wine,
or veg broth.

1/4 cup reduced-sodium tomato paste
2 tablesp balsamic vinegar
1 1/2 tabs brown sugar
2 Med tomatoes, cut in wedges
Salt + pepper, to taste

7 or 8 vegetables, except tomato wedges, in
single layer in dish. Spray or coat with oil.
Sprinkle with herbs.

Roast at 475° degrees 15-20 mins
or until beginning to brown. Stir occas.

2 Heat broth, wine, tom. paste, vinegar + sugar
to boiling point in sm saucpan. Pour
over veggies. add tomato wedges to
Pan; reduce oven temp to 350° F
(180° C) and bake, covered, 20-30 minutes.
(or until veg is cooked)
Season to taste with Salt + Pepper if
needed.