

Greek Style Brea-Am (Baked Vegetables)

With eggplant, zucchini and potatoes in tomato sauce.

Categories

Gluten-free

Yields: 6 servings

Preparation time: 10 mins

Cooking time: 40 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Onion, white, yellow or red, cooked	1 large
Garlic, fresh	1 clove
Olive oil	1 tablespoon
Eggplant, cooked	2 medium
Zucchini, cooked from fresh	2 medium
Potato, boiled, without skin	8 very small - new potato
Tomato, cooked from fresh	2 medium
Basil, dried	0.5 teaspoon
Oregano (dried)	0.5 tsp, ground
Marjoram, dried	0.5 teaspoon
Salt, sea salt	0.5 teaspoon
Black pepper, ground	0.5 teaspoon
Tomato sauce	1 cup

Instructions

I prefer to steam my vegetables before baking as this reduces baking time, but this step is optional. If you do not steam first then increase baking time. Note: The potatoes in ingredients above are cooked from raw and so is the tomato.

1. Cut eggplant into quarters and steam until almost done. How long you steam it is really a preference. If you like it well done steam longer, if you prefer it harder steam less. Start with 5 minutes and increase steaming time as preferred.
2. While eggplant is steaming wash and cut potatoes. I use mini potatoes and cut them in half. If you have another steamer you can start steaming the potatoes. Of you can boil them until almost done. Or wait until the eggplant is done and use the same steamer. Cook until almost done.
3. When eggplant is almost done add the zucchini and steam for 3 -5 minutes or remove eggplant and steam zucchini separately.
4. In the mean time, while all this steaming is going on, dice onions and garlic. In a large cast iron pan heat olive oil over medium heat and add onion. Cook until soft. add garlic and cook for another minute.
5. When vegetable are finished steaming remove from pot and set aside.

6. Add chopped tomato and cook for 3 -5 minutes. Add tomato paste and spices. Reduce heat to medium - low and cook for 5 - 10 minutes.

7. Place tomato sauce and steamed veggies into a baking pan and bake for 30 minutes at 350 F.

Serve hot. Leftovers can be stored in refrigerator for 3 days.