

ZUCCHINI SQUASH STEW

Vegetarian



4 Sml or 2 Lg	Green Zucchini, diced in 1 inch pieces
1/2 Large	Onion, chopped
1/2 Cup	White wine
4 Medium	Yellow/gold potatoes, diced in 1 inch pieces
1/2 Medium	Red or yellow pepper, chopped
6	Fresh mushrooms, sliced, Optional
1 sml	Garlic clove, minced
1- 8oz can	Crushed, whole tomatoes or diced tomatoes
2 Tsp	Fresh chopped parsley
1 Tsp	Onion Powder
1 Tsp	Italian seasonings
1 Tsp	Dried Basil
1 Tsp	Sugar
2 Tbl	Olive oil
Salt & Pepper	To taste

Dice and chop all of your vegetables. In a heavy saucepan heat 2 tablespoons of olive oil. Add chopped onions and saute for 2 minutes and add white wine. Add potatoes first and the rest of your vegetable. Pour tomatoes over the vegetables. Add parsley, onion powder, italian seasoning, sugar and dried basil. Stir and cover until potatoes are cooked. About 30 to 45 minutes. Take off cover and add your garlic. Cook uncovered for another 5 - 10 minutes. Season with salt and pepper to taste. Serve with crusty Italian or French bread. Use as a main or side dish.

If you prefer, you can add sausage or ground beef.