

International Veggie Delight



Makes:

5 servings, 1 cup each

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
large mixing bowl

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Recipe:

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Recipe Description:

Spice up this vegetable medley exactly to accommodate your own personal taste. This vegetable recipe calls for Italian seasoning, but use your culinary creativity and try your favorite combination of spices or check out the Tips to try a homemade Mexican or Indian seasoning.

1 cup
broccoli, strung, use Cone #2
(90 g)
1 cup
onion, strung, use Cone #2
(115 g)
1 - 3 garlic cloves, shredded, use Cone #1
1 cup
bell peppers, any color, diced
(150 g)
1 cup
zucchini or yellow squash, strung, use Cone #2
(124 g)
1 cup
eggplant, skinned and strung, use Cone #2
(82 g)
Italian seasoning mix (see recipe below)
15 ounces
garbanzo or black beans, drained and rinsed
(425 g)

Italian Seasoning

2
teaspoons dried basil (1.5 g) 1
teaspoon oregano (1 g) 2

teaspoons rosemary (2.5 g) $\frac{1}{4}$
teaspoon salt (1.5 g) $\frac{1}{4}$
teaspoon black pepper (.5 g) $\frac{1}{4}$
cup fresh parsley, (15 g)
chopped

Directions:

1. In a large bowl, combine broccoli, onions, garlic, peppers, zucchini and eggplant. Add Italian seasoning mix and toss vegetables to coat.
2. Preheat braiser pan on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, approximately 4 minutes, add vegetables, cover and cook.
3. When Vapo-Valve™ clicks, approximately 4 minutes, reduce heat to low. Cook for approximately 5 more minutes or until vegetables are tender.
4. Add beans, stir and serve.

Tips:

- Serve as a side dish, over couscous or brown rice, or wrapped in a tortilla with salsa.
- May replace Italian seasoning with Mexican or Indian seasoning.
- To make Mexican seasoning, combine 2 teaspoons ground cumin, 1 teaspoon dried basil, 1 teaspoon dried rosemary, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon black pepper, and $\frac{1}{4}$ cup minced fresh cilantro.
- To make Indian seasoning, combine 1 teaspoon curry powder, 1 teaspoon garam masala, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon black pepper, $\frac{1}{4}$ cup fresh cilantro.

Nutritional Information per

▼ Serving

Calories: 212
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 140mg
Total 42g
Carbs:
Dietary Fiber: 14g
Sugar: 4g
Protein: 11g