

Mangia Bene, Viva Bene

By FRANK ZEOLI

Ciambotta



I used to love spending this time of year with my grandmother. We had a long-standing tradition of visiting a farm or farm stand on several Sunday's during the months of August and September. After picking up various vegetables, we would go home to her house and make an all-vegetable dinner. Ciambotta was one our favorites because it was a lot of vegetables all in one dish. There was nothing like it. I can still smell the vegetables simmering in the big cast iron pot on her stove on a warm, sunny Sunday afternoon. Boy, I sure miss those days.

Prep Time: 25 Minutes
Cook Time: 65 Minutes

Ingredients

- 2oz of olive oil
- 1 large onion, diced
- 3 cloves of garlic, minced
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1 green pepper, diced
- 1/2 lb. of green beans, cut in half
- 4 large tomatoes, cored, skinned, and diced
- 4 large potatoes, peeled, diced
- 10 large fresh basil leaves, chopped
- 1T of fresh oregano, chopped
- 2T of fresh parsley, chopped
- Salt and pepper to taste

Instructions

1. Dice the onion, garlic, zucchini, squash, pepper, and potatoes. Chop the basil, parsley, and oregano.
2. In a large Dutch oven pan add the olive oil, garlic, and onion and sauté until the onions are translucent. Add the peppers, zucchini and squash and cook for about 15 minutes.
3. Add the diced potatoes, green beans, tomatoes, basil, oregano, and parsley to the mixture in the pan. Add a lid to the pan and let simmer, stirring frequently, for another 30-45 minutes until the potatoes and vegetables are tender. Season with salt and pepper.
4. Ladle some of the Ciambotta into a bowl, add some parmesan cheese and serve with some crusty Italian bread.



Look for more recipes in the next edition of the SIAMO Qui.