

Versatile Vegetable Medley

Servings: 4 to 6

This recipe can be served as an appetizer, side dish, or as soup.

Ingredients:

- 3-4 sliced zucchini
- 3-4 sliced yellow squash
- 1 medium onion (if desired), chopped
- 2-3 scallions chopped
- 3 medium plum tomatoes chopped
- 1-2 garlic cloves, chopped
- Leaves from 2 sprigs of fresh thyme
- ½ sweet yellow or orange pepper chopped
- Ketchup to taste
- ¼ teaspoon salt
- ¼ teaspoon of white or black pepper
- 3 tablespoons of olive oil

Preparation:

1. Heat a large skillet on medium heat, add olive oil.
2. When pan is hot add garlic, onion, scallions, and sweet peppers.
3. When onion mixture becomes translucent, add zucchini and squash, cook until slightly tender.
4. Add chopped tomatoes and spices to taste including thyme. Reduce heat, add water if eating as a soup; allow mixture to thicken if eating as a side or main dish.

This dish can also be eaten cold or blended and eaten as a gazpacho.