

# Italian zucchini potato stew

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Italian zucchini potato stew is the perfect vegetarian meal for a quick light lunch or the perfect summer side dish when zucchini are in season.

This vegetable stew is ready in 30 minutes and it's delicious the next day !!!

I love the fresh Italian flavors in this stew. It show cases the essence of Italian cooking. Simple seasonal ingredients brought together for delicious flavor.

This stew is loaded with good for you ingredients in a light tomato sauce infused with Italian herbs and garlic.

## When making Italian zucchini potato stew, here are some tips

- 1: Zucchini: choose firm , fresh zucchini. They don't need to be peeled
2. Potatoes: Any type of potato works, but starchy potatoes like russet will break down more thickening the stew. Adding the potato water thickens the sauce and adds extra flavor.
- 3: Seasoning: Salt, pepper and herbs like fresh Italian parsley are essential. Fresh herbs should be added towards the end of cooking to maintain freshness.

Shop the picture : Stainless steel saute pan

# Ingredients

- 2 medium size zucchini
- 3 medium potatoes
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 chopped onion
- 2 cups cherry tomatoes
- 1 cup marinara sauce
- 1 cup water
- 2 Tbsp, chopped Italian parsley

# Instructions

1. Start by peeling and cutting the potatoes into medium size large cubes. Then boil the potatoes in salted water until fork tender. Save one cup of the water before draining
2. In a saute pan over medium high heat add the olive oil add the onion and the garlic. Sauté until soft and just begin to brown. Add the cherry tomatoes, marinara sauce and potato water. Simmer until sauce thickens and tomatoes burst. Salt the zucchini and add to the tomato mixture add the potatoes.
3. Simmer until the zucchini is fork tender but still crisp. Add the Italian parsley. ENJOY!!!!