

### Autumnal Fresh Vegetable Stew

12 small pearl onions, peeled  
3 white potatoes, un-peeled, slice ¼ inch thick  
1 eggplant, stemmed and cubed  
½ head cauliflower, broken into florets  
2 carrots, trimmed and sliced into 2 inch pieces  
20 green beans, trimmed  
½ green pepper, cored, seeded and cut into strips  
½ red pepper, cored, seeded and cut into strips  
2 medium yellow squash, sliced  
2 medium zucchini, sliced  
5 stalks celery, sliced  
1 long hot pepper, minced  
6 cloves garlic, minced  
2 cups stock or water  
½ cup dry red wine  
2 2 1/2 ounce packages of Butter Buds mixed according to instructions or 3 tablespoons margarine  
2 bay leaves, crumbled  
1 teaspoon marjoram  
1 teaspoon thyme  
1 teaspoon oregano  
1 teaspoon salt  
Freshly ground pepper  
½ pound okra, ends trimmed  
1 small head cabbage, cored and cut into wedges  
5 tomatoes, peeled and quartered  
1 cup green peas

Preheat oven to 350 degrees. Carefully brown the onions, potatoes, and eggplant separately in a non stick pan. Combine all vegetables except okra, cabbage, tomato wedges, and peas in a baking dish. Combine the stock, wine, margarine and seasonings in a non stick saucepan and heat for 1 minute. Pour this mixture over the vegetables, cover tightly, and bake for 40 minutes. Uncover and add the okra, tomato and cabbage and stir gently. Add more stock or wine if necessary, cover and bake an additional 20 minutes. Add the peas and bake final 5 minutes or until tender. Taste and correct the seasonings. Per serving: 0 mg chol, 0 gm sat fat.