



HEALTH SCORE

96%

Day-by-Day Vegetable Medley



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 40 ounce cans mild tomatoes and chiles diced green canned
- ☐ 8 cups eggplant unpeeled chopped
- ☐ 6 cups mushrooms fresh sliced
- ☐ 3 cups bell peppers green chopped
- ☐ 5 tablespoons olive oil divided
- ☐ 4.5 cups onions chopped
- ☐ 3 cups bell peppers red chopped
- ☐ 0.3 cup greek seasoning

Equipment

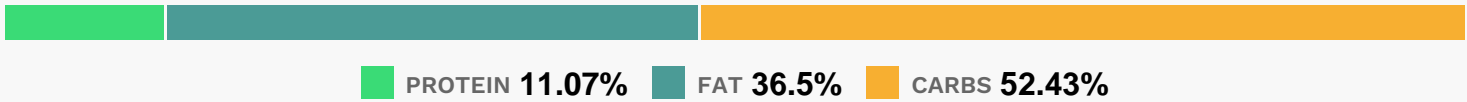
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Saut onions and bell peppers in 1 tablespoon hot olive oil in a Dutch oven over medium-high heat 5 minutes.
- ☐ Place onion mixture in large bowl, and set aside.
- ☐ Saut eggplant in 2 tablespoons hot olive oil in Dutch oven over medium heat 5 minutes.
- ☐ Add eggplant to onion mixture in bowl.
- ☐ Saut mushrooms in remaining 2 tablespoons hot oil in Dutch oven over medium heat 5 minutes.
- ☐ Add canned diced tomatoes and green chiles, Greek seasoning, and vegetable mixture to Dutch oven, and cook 5 minutes or until thoroughly heated.
- ☐ Spoon 3 cups mixture into each of four freezer bags; seal and freeze up to one month.
- ☐ Note: For testing purposes only, we used Cavender's All Purpose Greek Seasoning.
- ☐ Place 6 (5-ounce) Italian bread shells on baking sheet.
- ☐ Brush each with 1 teaspoon olive oil.
- ☐ Spread 1/2 cup Day-by-Day Vegetable Medley, thawed, over each crust.
- ☐ Sprinkle each with 1/4 cup shredded mozzarella cheese and your favorite toppings.
- ☐ Bake at 450 for 15 to 20 minutes or until cheese is melted.
- ☐ Greek-Style Chicken Stew: Bring 4 cups chopped cooked chicken; 3 cups Day-by-Day Vegetable Medley, thawed; and 1 (14 1/2-ounce) can chicken broth to a boil in a large saucepan. Stir in 1 cup cooked diced potatoes and 1 cup whipping cream. Reduce heat, and simmer 20 minutes or until thoroughly heated. Salt to taste.

- ☐ Heat 3 cups Day-by-Day Vegetable Medley, thawed, and 1 cup vegetable broth in large saucepan; add 1 (16-ounce) package peeled frozen shrimp, thawed, and cook until thoroughly heated. Spoon mixture over hot cooked rice.
- ☐ Serve immediately.
- ☐ Beef-And-Vegetable Supper: Cook 1 pound lean ground beef in large skillet, stirring until it crumbles and is no longer pink. Stir in 3 cups Day-by-Day Vegetable Medley, thawed; 1 cup chicken broth; and 1 (8-ounce) can tomato paste. Reduce heat; cover and simmer 30 minutes.
- ☐ Serve over your favorite cooked pasta or noodles. Salt to taste.
- ☐ Black Bean Soup: Bring 2 (15-ounce) cans black beans, drained; 3 cups Day-by-Day Vegetable Medley, thawed; and 2 cups chicken broth to a boil. Stir in 1/4 cup lime juice, 1 tablespoon chopped fresh cilantro, 1 teaspoon ground cumin, and 1/2 teaspoon chili powder. Reduce heat, cover, and simmer 45 minutes.
- ☐ Serve with chopped fresh cilantro and chopped onion. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:2.7, Inflammation Score:-9, Nutrition Score:20.547825914362%

Flavonoids

Delphinidin: 46.84mg, Delphinidin: 46.84mg, Delphinidin: 46.84mg, Delphinidin: 46.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg

Nutrients (% of daily need)

Calories: 146.05kcal (7.3%), Fat: 6.66g (10.25%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 13.94g (5.07%), Sugar: 10.33g (11.48%), Cholesterol: 0mg (0%), Sodium: 19.3mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin C: 93.18mg (112.95%), Vitamin K: 43.63µg (41.55%), Manganese: 0.63mg (31.63%), Fiber: 7.6g (30.38%), Vitamin A: 1512.3IU (30.25%), Vitamin B6: 0.52mg (25.8%), Vitamin E: 3.29mg (21.93%), Potassium: 749.03mg (21.4%), Vitamin B2: 0.35mg (20.56%), Iron: 3.54mg (19.68%), Vitamin B3: 3.6mg (18.01%), Folate: 71.69µg (17.92%), Copper: 0.35mg (17.38%), Calcium: 134.56mg (13.46%), Vitamin B5: 1.26mg (12.58%), Magnesium: 49.87mg (12.47%), Vitamin B1: 0.18mg (12.03%), Phosphorus: 114.18mg

(11.42%), Selenium: 5.28µg (7.55%), Zinc: 0.85mg (5.64%)