

ZUCCHINI STEW

- 2 TBS olive oil
- 4 medium zucchini chopped coarsley
- 1 onion chopped coarsley
- 2 cloves garlic minced
- ½ chopped green sweet pepper
- 1 medium tomato crushed
- 1 bay leaf
- ½ tsp thyme
- 1 cup brown long grain rice or basmati brown rice
- 2 pinches of saffron (optional)
- ¼ cup shredded organic cheddar cheese (optional)

Follow package directions to cook the rice. After adding water, mix in the saffron and then cook. Saute onion and garlic until translucent in oil. Add the remaining ingredients except the cheese. Cook until zucchini is soft. Add the cheese and allow it to melt over the top. Serve over rice and ENJOY!

