

Pasta-Less Primavera

I want these to be more of guidelines rather than a strict measured recipe. I see this more of an idea for a meal rather than a recipe, where you can add or take away ingredients and change quantity depending on how much you are serving.

- Olive Oil
 - Garlic
 - Red Onion
 - Broccoli
 - Shredded Carrots
 - Butternut Squash
 - Eggplant
 - Yellow Zucchini
 - Green Zucchini
 - Red Bell Pepper
 - Spinach/Kale
 - Grape Tomatoes (cut in half)
 - Basil Leaves
 - Oregano
 - Garlic Powder
 - Onion Powder
 - Italian Seasoning
1. Chop up all your vegetables and separate into three bowls. First bowl contains Red Onion, Broccoli, and Shredded Carrots. Second bowl contains Butternut Squash, Eggplant, Yellow and Green Zucchini, and Red Bell Pepper. Third bowl contains Spinach/Kale and Grape Tomatoes.
 2. Heat a large pot on medium-high heat and add about 2 Tbsp of Olive Oil and 2 Tbsp of minced Garlic. Add your first bowl of Broccoli, Carrots, and Red Onion. Stirring occasionally, cook for about 2-3 minutes.
 3. Add your second bowl (Butternut Squash, Eggplant, Yellow Zucchini, Green Zucchini, and Red Bell Pepper). Add a little olive oil if it's looking dry. Stir veggies coating them with the olive oil so it does not stick to pan. Cover and fully cook vegetables, stirring occasionally (about 10-15 minutes).
 4. Once fully cooked, add your spinach and or kale, tomatoes, basil leaves and other seasonings to taste. Gently stir until spinach/kale are fully cooked.
 5. Serve veggies topped with your favorite marinara sauce.