

Provençal Tian – vegetable bake

(Whole 30, Paleo)

Shopping List:

For the sauce:

- 2 tbsp. olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 bell peppers, diced (red and yellow)
- Salt & pepper, to taste
- 1 28oz can crushed tomatoes
- 2 tbsp. fresh basil (approx 8-10 leaves), chiffonade

For the sliced veggies:

- 2 eggplants
- 6 Roma tomatoes
- 2 yellow squash
- 2 zucchinis

For the herb seasoning:

- 2 tbsp. fresh basil (approx 8-10 leaves), chiffonade
- 1 tsp garlic, minced
- 2 tbsp. fresh parsley, chopped
- 2 tsp fresh thyme
- Salt & pepper, to taste
- 4 tbsp. olive oil

Directions:

Preheat the oven for 375°F. Slice the eggplants, Roma tomatoes, squash, and zucchini into approximately 1/16-inch rounds, then set aside.

Heat 2 tablespoons of olive oil in a 12-inch oven safe pan. Sauté onions, garlic, and bell peppers until softened. Season with salt and pepper, then add crushed tomatoes. Stir ingredients thoroughly. Turn off the heat and add basil. Stir thoroughly once more and smooth the surface of the sauce with your spatula.

Pour the sauce into a 9x13 baking dish (or similar). Arrange the sliced veggies in alternating patterns, (e.g. eggplant, tomato, squash, zucchini) on top of the sauce. Season with salt and pepper.

Mix together the ingredients for the herb seasoning and pour over the vegetables. Cover the dish with tin foil and bake for 40 minutes. After 40 minutes, uncover, then bake for an additional 20 minutes until the vegetables are softened. Serve while hot – as a main dish or a side dish.