

Ciambotta (Italian Vegetable Stew)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-ciambatti-italian-vegetable-stew>

Ingredients:

- 3 tablespoons olive oil
- 2 onions medium, chopped
- 2 celery ribs chopped
- 1 pound fingerling potatoes cut into 1/2-inch thick slices
- 4 garlic cloves minced
- 2 medium zucchini halved lengthwise and cut into 1/4-inch thick slices
- 2 bell peppers chopped
- 14 ounces whole peeled tomatoes drained, juice reserved and tomatoes chopped
- 1 cup vegetable broth
- 1 bay leaf
- 2 tablespoons basil fresh chopped
- 1 teaspoon red pepper flakes
- 1 tablespoon fresh lemon juice
- salt
- freshly ground pepper
- crusty Italian bread optional:, to serve with stew

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 40 grams
3. Fat: 10 grams
4. Fiber: 9 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 590 milligrams
8. Sugar: 8 grams

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