

# Giambotta, Italian summer vegetable stew

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 2 red peppers medium, cored, seeded and cut into bite-sized pieces
- 2 tomatoes large, cored and cut into bite-sized pieces
- 2 waxy potatoes medium, like Yukon gold, peeled and cut into bite-sized pieces
- 2 small carrots peeled and cut into bite-sized pieces
- 2 zucchini small, cut into bite-sized pieces
- 1 onion large, diced
- 1/4 cup water or stock
- 2 tablespoons olive oil
- fresh basil leaves Several, torn into pieces
- salt
- pepper

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 26 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 10 grams

---

Thank you for visiting our website. Hope you enjoy Giambotta, Italian summer vegetable stew above. You can see more 16 recipe for italian giambotta Elevate your taste buds! to get more great cooking ideas.