
Italian Stew II

Bobby Piazza - Dayton's Ridgedale

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

3 pounds (10 links) mild Italian sausage
2 large eggplant, peeled and cubed
8 medium zucchini, cut into 1/2-inch slices
3 large green bell peppers, seeded and cut into chunks
3 large red bell peppers, seeded and cut into chunks
flour
3 tablespoons olive oil
5 medium onions, sliced
2 to 3 cloves garlic, minced
4 large plum tomatoes
4 large tomatoes, peeled, seeded and cut into chunks
1 can (15 ounce) chunky style tomato sauce
2/3 cup red wine
2 teaspoons dried oregano leaves
2 teaspoons dried thyme leaves
2 teaspoons dried basil leaves
1/2 teaspoon salt
1/2 teaspoon pepper
2 small bay leaves
2 ounces (1/2 cup) shredded Cheddar cheese

Preheat the oven to 350 degrees.

In a shallow pan, bake the sausages for 45 minutes. Cut the sausage links into one-inch chunks.

Dredge the eggplant, zucchini and peppers in flour.

In a large skillet, heat the olive oil. Saute' the floured vegetables in small batches, just until lightly browned. Add more oil, if necessary. Remove the vegetables. Drain on paper towels. Saute' the onions and garlic in the same skillet.

In a large roasting pan, combine the sausage and vegetables.

In a small saucepan, combine the tomato sauce and wine. Add the seasonings. Heat just to a simmer. Simmer for a few minutes to blend the flavors. Pour over the ingredients in the roasting pan. Cover.

Bake about 35 minutes. Uncover. Bake about 30 minutes longer. Sprinkle with cheese.

(For the best flavor, prepare the stew twenty-four hours ahead of serving. Refrigerate and reheat.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 2407 Calories; 124g Fat (45.0% calories from fat); 103g Protein; 237g Carbohydrate; 74g Dietary Fiber; 237mg Cholesterol; 2743mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 42 Vegetable; 18 Fat.