

## **Mediterranean Vegetables**

2 Tbsp olive oil  
2 cloves garlic, crushed  
1 large onion, chopped  
1 courgette, cut into 1cm thick slices  
1 medium eggplant, cut into cubes  
1 green pepper, seeded and diced  
1 red pepper, seeded and diced  
1 x 425g tin crushed tomatoes  
2 tspns sugar  
½ cup chopped black olives (optional)  
½ cup chopped parsley  
seasonings to taste

In a large saucepan, sauté onion and garlic in olive oil until soft. Add courgette, eggplant, peppers, cover and cook over gentle heat for about 10 minutes. Add tomatoes, sugar and olives and simmer for a further 10 minutes. Season to taste and serve topped with parsley.