

## Mixed vegetables

### Ingredients:

1. 1 tablespoon of olive oil
2. 1 onion, chopped
3. 1 clove of garlic, minced
4. 1 carrot, peeled and chopped
5. 1 courgette, chopped
6. 1 potato, peeled and chopped
7. 1 cup of frozen peas
8. 1 cup of frozen green beans
9. 1 cup of vegetable stock
10. Salt and pepper to taste

### Steps:

1. Preheat the oven to 180°C/350°F.
2. In a large saucepan, heat the olive oil over medium heat.
3. Add the onion and garlic and cook for 2-3 minutes, until softened.
4. Add the carrot, courgette, potato, peas, green beans, and vegetable stock.
5. Season with salt and pepper to taste.
6. Bring the mixture to a boil, then reduce the heat to low and simmer for 10-15 minutes, or until the vegetables are tender.
7. Transfer the mixture to a baking dish and bake for 20-25 minutes, or until the liquid has been absorbed.
8. Serve hot.