

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. Heat the olive oil in a large saucepan 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 to the pan.
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 until the vegetables are tender.
7. Transfer the saucepan to the oven and bake for 15-20 minutes until the liquid has thickened slightly.
8. Serve hot.

Note: You can adjust the seasoning to taste.