

## Puttenaio (Prostitute's Stew)

1 Tbsp. olive oil  
1 large eggplant, cut into 1-inch chunks  
1 large potato, peeled and cut into 1-inch chunks  
1 small carrot, peeled and sliced  
1 stick celery, diced  
1 large zucchini, sliced  
1 large green pepper, seeded and cut into 1-inch squares  
1 medium onion, thinly sliced  
2 cloves garlic, crushed  
¼ cup vegetable broth  
2 lbs. fresh ripe tomatoes, thinly sliced, or 1 28-oz. can diced tomatoes with juice  
1 tsp. salt  
Fresh herbs: a small handful *each* of Italian parsley, and either rosemary, thyme or basil, chopped  
Freshly ground black pepper, to taste

**H**eat the oil in a large, heavy pot over medium-high heat. Add the eggplant, potato, carrot, celery, zucchini, green pepper, onion and garlic and cook for about 5 minutes, adding broth as necessary to keep it from sticking to the pan. Add the tomatoes (and juice, if using canned) and salt. Bring to a boil, then reduce heat, cover and simmer 45 minutes.

If there is still a lot of juice, remove the cover and cook down over high heat (watch carefully!) until the juices are like a syrup. Add the fresh herbs, reduce heat, cover and simmer for 15 minutes. Add salt and fresh pepper to taste.

6 servings

**Per serving: 135 calories; 3g protein; 2 fat; 26g carbohydrate; 0mg cholesterol**

**Source: *Nonna's Italian Kitchen* by Bryanna Clark Grogan (Book Publishing Company, 1998), ISBN 1570670552  
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