

Vegetable Casserole

Traditional Middle Eastern vegetable casserole with tender vegetables and meat, slow-baked to perfection. Healthy, hearty, and full of flavor.

30 min

PREP

1h 30min

COOK

2h

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 lb stew meat
- 2 potato
- 1 zucchini
- 1 eggplant
- 4 tbsp green bean
- 4 tbsp okra
- 1 onion
- 3 green pepper
- 3 tomato
- 1 tbsp sunflower oil
- 2 tsp salt
- 3 clove garlic

Instructions

- 1 Prepare the vegetables**

Preheat your oven to 350°F (175°C). Cut the 1 lb meat into bite-sized cubes. Dice the 2 potatoes, 1 eggplant, and 1 zucchini into uniform 1-inch cubes.
- 2** Finely chop the onion and mince the 3 cloves garlic. Cut the 3 tomatoes into strips after removing the skins.
- 3 Layer the casserole**

Place the diced potatoes in an even layer at the bottom of a heavy oven-safe pot or Dutch oven. Layer the cubed meat evenly over the potatoes.

- 4 Add the chopped onion and minced garlic over the meat. Layer the diced eggplant and zucchini on top, followed by the 3 green beans if using fresh or frozen varieties.
- 5 **Season and add liquid**
Drizzle the 4 tablespoons olive oil evenly over all the vegetables. Season with the 2 teaspoons salt and 1 tablespoon pepper, then arrange the tomato strips across the top.
- 6 Pour 1½ cups hot water around the edges of the pot, being careful not to disturb the layered vegetables. The liquid should come about halfway up the sides.
- 7 **Bake the casserole**
Cover the surface with parchment paper, then place the lid tightly on the pot. Bake for 1 hour 30 minutes, until the vegetables are tender when pierced with a fork and the liquid has reduced by about half.
- 8 Remove from oven and let rest for 10 minutes before serving. The vegetables should be soft and the flavors well combined.

Tips

Cut all vegetables into uniform sizes to ensure even cooking throughout the casserole.

Salt the eggplant pieces and let them sit for 30 minutes before cooking to remove bitterness and excess moisture.

Use a heavy, oven-safe pot or Dutch oven for best results, as it distributes heat evenly.

Don't skip the parchment paper cover - it helps steam the vegetables while preventing the top from drying out.

Check the liquid level halfway through cooking and add more hot water if needed to prevent sticking.

Let the casserole rest for 10-15 minutes after cooking to allow the flavors to settle and make serving easier.

For deeper flavor, lightly sauté the onions and garlic before adding them to the casserole.

Choose firm, fresh vegetables for the best texture - avoid overripe or soft vegetables that may become mushy during the long cooking time.