

## Ingredients

1/4 cup olive oil	4 portobello mushroom caps, stems removed cut into large chunks
2 red onions, chopped	1/4 cup white wine
3 Yukon Gold potatoes, chopped	2 Tbsp fresh thyme leaves (or 1 Tbsp fresh oregano leaves)
3 cloves garlic, peeled and smashed	3 Tbsp balsamic vinegar, or more to taste
2 small eggplant, ends trimmed, cut into large chunks	2 Tbsp arrowroot or cornstarch
3 zucchini, ends trimmed, cut into large chunks	Kosher salt and fresh black pepper to taste
4 bell peppers (assorted colors), seeded, cut into medium chunks	
3 medium tomatoes, seeded, cut into medium chunks	

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## Instructions

Instructions: In a large saute pan or skillet, heat the oil over medium heat. Add the onions, potatoes and garlic; cook, stirring occasionally, for 3-4 minutes, until the onions just begin to get translucent and the garlic hasn't begun to brown. Transfer the contents to a 6-7 quart slow cooker. Add eggplant, zucchini, bell peppers, tomatoes, mushrooms, wine and thyme leaves. Cook on LOW for 3 1/2 hours, stirring once during that time. Turn the cooker to HIGH and add the balsamic vinegar. Season with salt and pepper to taste. Mix the arrowroot or cornstarch with 6 Tbsp of water, to make a slurry. Pour into slow cooker and stir. Cover, and cook for 15-20 minutes on HIGH. Can be served hot or at room temperature.

## Nutrition Information Per Serving

Serves 6-8