

Hot Italian Vegetable Heroes

This is a VEGAN dish

1 package *Better Wheat Buns**
1 tablespoon extra virgin olive oil
2 medium onions, sliced very thin
4 medium size carrots, sliced thin
1 red bell pepper, seeded and sliced thin
2 medium zucchini, sliced thin
1 can (6 ounces) Italian style tomato paste
2-3 tablespoons water
1 teaspoon dried oregano
1/4 teaspoon black pepper
6 ounces shredded low fat
mozzarella cheese

- Preheat the broiler. Slice each bun in half lengthwise and gently cut or scoop out a bit of each soft center. Place the halves cut side up on a baking sheet and broil 4 inches from the heat for 1 minute or until lightly toasted. Set aside.

- In a heavy 10-12 inch skillet heat the olive oil, add the sliced onions and cook for 5 minutes or until they begin to caramelize. Stir in the carrots, red pepper and zucchini and cook for 10-12 minutes or until the carrots are tender. Add the tomato paste, water, oregano, and pepper. Simmer uncovered for 2 minutes.
- Spoon the vegetable mixture into the bottom half of each bun. Top each with one ounce of cheese, and place in the broiler 4 inches from the heat for 1 minute or until the cheese has melted. Transfer to a serving platter and top with the toasted upper halves.

Serves six

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Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist