

## **RUSSIAN ZUCCHINI DILL CASSEROLE**

*adapted from Cooking for Kaz: Meals for Hope, Volume 2  
The Cooks Next Door*

6 zucchini  
3 med. carrots, peeled & chopped  
2 c. onion, chopped  
2 ribs celery, chopped  
2 Tb. tomato paste  
3 T. fresh parsley, chopped  
2 Tb. fresh dill, chopped  
Salt and pepper to taste  
2 c. tomato juice  
¾ tsp. sugar  
1 ½ Tb. cider vinegar

Preheat oven to 375 degrees. In a large skillet or dutch oven, sauté carrots in water or vegetable stock over medium-high heat for about 5 minutes. Add the onion, celery, and zucchini and sauté, stirring, until all the vegetables are starting to tenderize.

Stir in the tomato paste and sauté for 3-4 minutes more. Remove from heat and stir in the parsley and dill. Mix the tomato juice with the sugar, vinegar, salt, and pepper. Stir this mixture in as well and just bring to a boil. Pour the mixture into a flat-bottomed heatproof casserole that will accommodate the entire amount. Bake in the oven until tender – about 40 minutes. Sprinkle with parsley before serving if desired.