

## INGREDIENTS

- o 3 tablespoon olive oil
- o 2 tablespoon chopped onions
- o ½ cup of cut asparagus spears
- o 5 oz. broccoli cut into florets
- o ½ cup of sliced mushrooms (any mushrooms)
- o ½ cup carrots sliced length wise
- o 4 cherry tomatoes halved, (may use other tomatoes)
- o 2 tablespoon chopped pitted Gaeta olives
- o ½ cup of vegetable stock
- o Sea salt & pepper to taste

## PREPARATION

1. Heat the onions with olive oil
2. Stir in the vegetables, except for the tomatoes
3. Saute' until tender for about 2 minutes
4. Pour in the stock and continue stirring until the all the vegetables soften, about 3-4 minutes
5. Season with sea salt and pepper to taste.
6. At this point add the tomatoes and continue cooking for about 1 minute
7. Sprinkle some sliced basil onto the ravioli after it has been plated