Italian Poutine

Grocery List

* 4 Russet Potatoes, scrubbed thoroughly
* 3 Tbsp. EV Olive Oil ++
* 2 C Halved Medley Tomatoes
* 1 small Yellow Onion, diced
* 3 cloves Garlic, minced
* 1 Zucchini, halved lengthwise and sliced
* ¼ C low sodium Vegetable Stock
* ¼ Tsp. Salt
* Just under a Tsp. AP Flour
* 1 Tbsp. Dried Basil
* 1 Tbsp. Dried Parsley
* Sea Salt, Black Pepper
* 1 Tsp. Sea Salt
* ½ Tsp. Black Pepper
* 2 Tbsp. chopped Fresh Basil
* 2 Tbsp. chopped Fresh Parsley
* 1 heaping Tbsp. grated Parmesan
* 4 Bocconcini, sliced thin

Prep Time: 15 Min

Cook Time: 20 – 25 Min



1. Preheat oven to 425 F
2. Slice the potatoes (lengthwise) into 4 approximately equal slices. Slice them again into steak cut sized fries. Line them on a baking sheet that has been drizzled with EV Olive Oil. Drizzle the fries with more oil and give a generous pinch of sea salt and black pepper to season. Bake for approximately 20 – 25 Min flipping halfway.
3. In a small saucepan, bring to temperature on just under medium and add in the oil and diced onions. Give a pinch of sea salt / pepper and stir often for 5 minutes. Add in the minced garlic and continue frying another 2 or 3 minutes. Add in the tomatoes and zucchini, dried herbs, sugar, and another generous pinch of sea salt and black pepper. Cover and cook on medium for 5 minutes. Pour in the vegetable stock and cook covered another 5 minutes. Remove lid and continue cooking on medium low for 7 - 10 minutes (until veggies are tender)
4. Strain the cooked vegetables into a bowl and stir in the All Purpose Flour. Allow the “sauce” to thicken and bubble a bit and return the cooked veggies back to the pot.
5. Remove the fries from the oven. In a large mixing bowl, combine the sea salt, black pepper, basil, parsley, and parmesan. Add the fries to the bowl and toss to coat the fries.
6. Depending on how you decide to serve (2 medium sized dishes with 2 sliced bocconcini each or 4 smaller, side dishes with 1 sliced bocconcini each.) Layer the bottom of the dish with the fries followed by half the bocconcini and a ladle of the veggies and sauce. Top with the remainder of the fries, cheese, and sauce.
7. Garnish with fresh Parsley.