

## Briami

Submitted by Linda Lopos

- 6-8 potatoes
- 2 med. (or 1 large) eggplant
- 5-6 zucchini squash, peeled and sliced
- 1-2 lb. fresh green beans, washed, ends cut off
- 2 large sweet onions, sliced and divided into 4 portions
- 4 large cloves garlic, chopped into large pieces and divided into 4 portions
- Lowrey's seasoned salt
- pepper
- 1 C. fresh chopped parsley, divided into 4 portions
- Olive oil (or canola) oil
- Dried oregano
- 1 can stewed tomatoes, chopped (save juice)
- 2 8oz. cans seasoned tomato sauce

Oil a large (12X16) metal baking pan. Peel and slice eggplant (1/2 inch thick) and place on large cutting board. Sprinkle with salt and set aside. Peel and slice potatoes. Spread in bottom of baking pan. Distribute ¼ onion slices, garlic, and chopped parsley over top. Sprinkle with seasoned salt, pepper and oregano. Drizzle a little oil over all. You will use this mixture between each layer of vegetables.

Pat the slices of eggplant with paper towels. Cut into cubes and layer next. Repeat with ¼ onions, garlic, parsley, seasonings and oil. Layer zucchini next, followed by onions, etc. Layer green beans next, followed by remaining onions, etc. Pour chopped stewed tomatoes, juice, and tomato sauce over all. Spread apart with a knife to let juice run between layers. Cover pan with a large sheet of heavy aluminum foil. Bake in a 375 degree oven for 3 ½ hours. Uncover before the last hour and baste every 15 min. until vegetables are a little browned on top. During this last hour, I usually mix the vegetables with a large spoon as I baste them. This makes a large quantity, and leftovers freeze well.

*“From the inner aspect, fasting is a struggle of restraint and self-limitation. In this lies the great value and sense of fasting, since a strict observance of fasts tempers one's will and perfects the character of one who is firm in his religious convictions and actions. Let us not forget that Christ Himself fasted, and foretold that His apostles would also fast”*

*Metropolitan Philaret - On God's Law - Missionary Leaflet # E37b –  
Holy Protection Russian Orthodox Church*