

Hearts Delight Pepper Medley

dr Charlene Schulz

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

2 cloves garlic, minced
1 large onion, chopped
1 large green pepper, stem and center removed, cut in strips
1 large yellow pepper, stem and center removed, cut in strips
1 large red pepper, stem and center removed, cut in strips
1 tablespoon olive oil
1 can Italian style stewed tomatoes
1/2 cup water
2 bay leaves
cumin
Schilling Italian seasoning.
salt
pepper

In a saucepan, saute' the garlic and onion in olive oil for 5 minutes. Add the water and peppers. Cover and steam/saute' for 5 minutes.

Add the stewed tomatoes, bay leaves and two pinches of cumin. Add salt, pepper and Italian seasoning to taste. Simmer, covered, until the peppers are to the desired degree of doneness.

Serve over rice or pasta.

Per Serving (excluding unknown items): 67 Calories; 4g Fat (45.1% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.