

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Recipe for Peperonata – Stewed Sweet Peppers**

This boldly flavored, sweet tasting and colorful blend of sweet peppers makes an easy and incredible-tasting appetizer, side dish, filling for sandwiches and omelets, pizza sauce, pasta topping, etc. Plus, its vegan and gluten-free.

Makes about 3 cups

Active time: 35 minutes

Total time: 1 ½ hours

1/3 cup extra-virgin olive oil

1 large onion, thinly sliced (pole to pole)

6 assorted red, yellow and orange bell peppers, cored, seeded and cut into ¼ inch-thick strips

6 medium cloves garlic, thinly sliced

1 sprig each fresh thyme and fresh rosemary

½ cup water plus more as necessary

¼ teaspoon salt

Dozen twists freshly ground black pepper

2 tablespoons balsamic vinegar

1 tablespoon red wine vinegar

1. Heat the oil in a large saucepan or soup pot over medium-high heat. Stir in the onions, cover the pan and cook about 5 minutes until the onion becomes translucent.
2. Stir in the peppers, garlic, water, herbs and salt and pepper.
3. Partially uncover the pan and lower the heat to medium-low.
4. Cook, stirring occasionally, for an hour. Add another quarter cup of water and completely cover the pan if the peppers begin to stick.
5. When done, the peppers will be quite soft and sweet and the liquid thickened. Remove the thick stems of the herbs leaving the leaves behind.
6. Stir in the vinegars. Adjust the salt and pepper to taste.
7. Serve hot or at room temperature.