

Pepper and Tomato Sauté

Just Say Yes to Fruits and Vegetables

This dish is full of flavor, color, and nutrition! It's a triple threat!



jsyfruitveggies.org

Pepper and Tomato Sauté

Serves 6 • Serving: $\frac{2}{3}$ cup

Just Say Yes to Fruits and Vegetables

Try a variety of pepper colors - red, green, yellow, and orange are all great!

Ingredients:

- 1½ tablespoons vegetable oil
- 1 cup chopped onion
- 3 sliced garlic cloves
- 5 cups chopped tomatoes
- 5 cups chopped bell peppers
- 2 teaspoons paprika
- $\frac{1}{4}$ teaspoon red pepper flakes (optional)

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika, and red pepper flakes. Stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.