

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!



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Pepper and Tomato Sauté

Serves 6 • Serving: ⅔ cup



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
- ¼ 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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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