



Peperonata

Barb served this delicious dish at our Peppers workshop at Missouri Botanical Garden on May 14, 2016.

¼ c olive oil	5 or 6 bell peppers, red, green, yellow, orange or combination
2 onions, diced	salt and pepper to taste
3 garlic cloves, diced	5 ripe tomatoes, seeded and chopped or 28 oz can of tomatoes,
2 bay leaves	drained well
1 t chopped fresh thyme	

Heat olive oil in skillet and add onions, garlic, bay leaves, and thyme and cook over medium heat until onions are soft and lightly colored.

Stir frequently.

Add peppers and ½ teaspoon of salt.

Cook briskly at a little higher heat until peppers begin to soften.

Then add tomatoes and reduce heat to medium.

Simmer until excess water has cooked away which takes about 15 minutes.

Add salt and pepper to taste at end of cooking.

This is tasty warm on rice or pasta, cool for crostini or bruschetta, and stirred into scrambled eggs or to top a pizza!