

## Sweet Pepper Stew

Serves 12

1 medium-size red onion  
4 tbsp chopped garlic cloves  
10 sweet bell peppers (green, orange, yellow, red) washed and julienned  
5 tbsp capers  
2 cans (14 ½ oz) plum tomatoes, chopped  
Salt and pepper for taste

In a large skillet over medium heat sauté the onion and garlic in the olive oil until translucent.

Add the peppers and cook for approximately 10 minutes.

Add the capers and tomatoes. Salt and pepper.

Adjust heat to low and cook until peppers and peppers are a soft stew-like consistency, about 15-20 minutes.

Remove from heat and divide onto two serving platters, and serve as a side dish for the entrée.