

Hungarian Pepper Stew

- 1 T olive oil
- 1 onion, chopped
- 8 Hungarian peppers, long, light green, sliced into thin rings
- 1 red bell pepper, sliced into thin rings
- 1 large tomato, cubed
- 1/2 cauliflower, cut bite-sized
- 1 garlic bulb, cloves minced
- 3 T Hungarian paprika
- 2 t tomato paste
- 1/2 t sea salt
- freshly ground black pepper
- a pinch of chili pepper (optional)

Heat olive oil in a large pot on medium, and cook a chopped onion until it's translucent. Add all other ingredients and cook, stirring occasionally. Serve on spaghetti squash or with fresh bread. Traditionally served as a vegetable side dish, appetizer or the main meal. Good cooked with sliced Hungarian sausage or cooked with a fried egg. Serves 6-8.

Jittery Cook