Pisto Spanish Veggie Stew

Total Time: 35 min

- Prep: 15 min
- Cook: 20 min

Ingredients

- 3 Tbsp oil (olive, vegetable, canola)
- 1 onion, diced
- 8 cloves of garlic, minced
- 2 bell peppers, diced
- 2 zucchinis, diced
- 1 eggplant, diced
- 1 14oz. can crushed tomatoes
- 2 tsp dried oregano
- Salt and pepper, to taste
- Serve with: toast, rice, or fried egg

Directions

1. In a large wide pan, heat the oil over medium-low heat. Add the onion and cook for 3-5 minutes. Add the garlic and cook for 30 seconds.
2. Add the bell peppers and cook, stirring occasionally, until soft.
3. Add the zucchini and eggplant.
4. Stir in the can of crushed tomatoes, dried oregano, salt and pepper. Gently simmer until you have a thick sauce – about 15 minutes.
5. Finally, remove the pan from the heat and serve with bread, rice, or topped with a fried egg.
6. Store pisto in an air-tight container for 3-4 days. You can enjoy it warm or cold as leftovers.

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