

Sweet Pepper Ragout

Author: From a cooking class with Tarla Fallgatter



Description: The topping would be equally good on top of chicken as it is on flatbread as an appetizer.

Notes: Mediterranean mixed spice includes: rosemary, cumin, coriander, oregano, cinnamon and salt.

1. Remove seeds and veins from the peppers and thinly slice. Heat olive oil in a saute pan over medium heat; add the onions and spices, then saute until softened - about 8 minutes. Add the peppers and garlic, reduce heat to low, cover and cook until tender, about 20 minutes.
2. Add the tomatoes and vinegar and stir well. Add sugar and raisins. Add basil and season with salt and pepper to taste. Simmer for a few minutes to allow the flavors to mingle.

1/2 cup olive oil
 1 whole onion, thinly sliced
 1 teaspoon Mediterranean spice rub
 3 large red bell pepper
 3 large yellow bell pepper
 2 large garlic cloves, finely minced
 3 medium tomatoes, vine-ripened, peeled, seeded, diced
 2 tablespoons red wine vinegar
 1 tablespoon sugar
 1/3 cup golden raisins, plumped in hot water, drained
 2 tablespoons fresh basil, thinly sliced
 Salt and freshly ground black pepper

Serving Ideas: Serve a small spoonful of it on top of flatbread. Can also be served as a relish on top of cooked chicken breasts.

Per Serving (excluding unknown items): 187 Calories; 14g Fat (63.2% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>