

Peperonata

From *Patience Gray's Honey from a Weed* (also online at *Los Angeles Times*)



This makes a lot - make a half recipe and you'll probably have plenty!

5 tablespoons olive oil

1 onion, sliced

3/4 cup chopped tomatoes, seeded

5 bell peppers, preferably a mixture of red and yellow, roasted, peeled and seeded, cut into bite-size pieces

3/4 cup red wine

Salt

1/2 jalapeno pepper, roasted, peeled and seeded

2 cloves garlic

1 cup fresh basil leaves, chopped

1/4 cup chopped parsley

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

Servings: 6

1. Warm 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion and cook until it softens, about 5 minutes. Add the tomatoes and bell peppers and cook briefly. Add the red wine and 1/2 teaspoon of salt. Cover and cook, stirring occasionally, about 10 minutes. Remove the lid and continue cooking, stirring occasionally, another 10 to 15 minutes. Check frequently toward the end, as the peppers will want to stick to the bottom of the pan.
2. Meanwhile, pound the jalapeno and garlic into a paste in a mortar with another 1/2 teaspoon of salt. Add the basil and parsley; pound to a paste. Add 3 tablespoons of the oil and stir, grinding more with the pestle. The sauce should have a rather loose consistency, somewhat more liquid than pesto. [I did this in a blender.]
3. Stir the sauce into the peppers, taste for salt and heat through, 2 minutes. This is good hot, cold or anywhere in between.

Per Serving (excluding unknown items): 163 Calories; 12g Fat (69.0% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 1 1/2 Vegetable; 2 1/2 Fat.