



# Peperonata (Bell Peppers and Onion Stew)

by Giorgia Fontana

## Ingredients

3 tbsp extra virgin olive oil  
 2 garlic cloves, roughly chopped  
 1 large red onion, sliced  
 1 red and 1 yellow bell pepper, around 20 oz in total  
 10 oz cherry tomatoes, halved  
 1/4 cup black olives (optional)  
 1/8 teaspoon hot chili flakes  
 1 tbsp tomato paste  
 1 cup water  
 Salt, to taste

**Prep time:** 10 minutes

**Cook time:** 30 minutes

**Difficulty level:** easy

**Servings:** 4

**Course:** side

## Instructions

1. Heat extra virgin olive oil in a large saucepan, then add garlic and onion. Cook on medium-low heat for 5 to 8 minutes, until the onions turn soft and translucent.
2. In the meantime, prepare bell peppers. Halve them, remove the seeds and the white membrane. Then cut them into strips, a little less than 1/2-inch wide.
3. Add the peppers to the pan, along with cherry tomatoes, black olives and chili flakes.
4. Stir for few seconds, then add the tomato paste and water.
5. Mix everything together and season with salt.
6. Cover with a lid and let it cook for at least 25 minutes, adding more water if needed. In the end, the peppers should be nice and soft.