



# Peppers, Onions, and Garlic

3 servings

## INGREDIENTS

- 1 Tbsp olive oil
- 2 cups thinly sliced bell peppers (any color)
- 1 cup vertically sliced sweet onion
- 1 tsp minced garlic
- 1/2 tsp dried rosemary (optional)
- 1/4 tsp salt
- 1/4 tsp ground black pepper

## DIRECTIONS

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add peppers and onion and cook about 10 minutes or until onion is tender, stirring frequently.
3. Add garlic, rosemary, salt, and black pepper; cook for 2 minutes, stirring frequently. Serve and enjoy!
4. Note: For a touch of heat, add a few dashes of your favorite hot sauce or a pinch of ground red pepper.



Vermont  
Foodbank  
VT Fresh

**Become a Recipe Tester and enter to win a \$100 gift card!**

Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



# Peppers, Onions, and Garlic

3 servings

## INGREDIENTS

- 1 Tbsp olive oil
- 2 cups thinly sliced bell peppers (any color)
- 1 cup vertically sliced sweet onion
- 1 tsp minced garlic
- 1/2 tsp dried rosemary (optional)
- 1/4 tsp salt
- 1/4 tsp ground black pepper

## DIRECTIONS

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add peppers and onion and cook about 10 minutes or until onion is tender, stirring frequently.
3. Add garlic, rosemary, salt, and black pepper; cook for 2 minutes, stirring frequently. Serve and enjoy!
4. Note: For a touch of heat, add a few dashes of your favorite hot sauce or a pinch of ground red pepper.



Vermont  
Foodbank  
VT Fresh

**Become a Recipe Tester and enter to win a \$100 gift card!**

Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.