



Sautéed Bell Peppers

4-6 servings

INGREDIENTS

- 2 Tbsp olive oil
- 4 bell peppers, seeded, de-stemmed, and chopped
- 1 medium onion, diced
- ½ tsp salt
- ½ tsp pepper
- 2 tsp vinegar of choice (apple cider, balsamic, or rice vinegar)

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat
2. Add onions and peppers and let cook- about 10-15 minutes until peppers are tender
3. Add vinegar, salt and pepper
4. Serve hot and enjoy!



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