

# Vegetable Medley Sauté

---

*Provided by the Auburn Interfaith Food Closet*

Recipe type: Side dish, spring, summer

Serves: 4

Prep Time: 8 minutes      Cook Time: 8 minutes



## Ingredients

- 2 tablespoons butter, or oil, or margarine
- 1 clove garlic, finely chopped
- 1 medium onion, chopped (optional)
- 1 1/2 cups carrots, sliced or chopped
- 1 1/2 cups fresh broccoli florets (or 10-oz. bag of frozen broccoli)
- 1 large red or yellow bell pepper, seeded and sliced
- 2 teaspoons of fresh parsley (chopped) or 3/4 teaspoon of dried parsley (optional)
- 1/2 teaspoon dried oregano or basil (optional)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

## Directions

- 1 Cook onion and carrots in butter, oil or margarine for 5 minutes, in a 12-inch skillet over medium high heat.
- 2 Add bell pepper and broccoli in the skillet, stirring occasionally, and cook until crisp-tender.
- 3 Stir in minced garlic and cook for 30 seconds.
- 4 Stir in parsley, and dried oregano or basil (if using), and heat through.
- 5 Season with salt and pepper, to taste. Serve hot.



[www.auburnfoodcloset.org](http://www.auburnfoodcloset.org)