



Noreen's Kitchen

Three Pepper Medley

Ingredients

1 red bell pepper	1 teaspoon herb blend
1 yellow bell pepper	1 teaspoon salt
1 green bell pepper	1 teaspoon cracked black pepper
1 medium onion, peeled, and sliced	2 tablespoons butter
3 cloves garlic, minced	2 tablespoons olive oil

Step by Step Instructions

Wash and core peppers and cut into thin strips.

Melt butter and olive oil in a large skillet over medium heat.

Add garlic and stir briefly.

Add peppers and onion and stir well to coat in the butter/oil blend.

Sprinkle in the herb blend of your choice, i.e., Italian seasoning, Greek seasoning, Fines Herbs, or in my case, I used Herbs De Provence.

Sprinkle with salt and pepper and stir well to combine.

Allow the vegetables to steam sautee for about five minutes until they are tender crisp but not mushy.

Remove from heat and serve.

Leftovers can be used in scrambled eggs or as a nice addition to a salad.

ENJOY!