

Pepperonata with Rice

Pepperonata is a wonderful stockpot full of simmered garden vegetables with a healthy dose of sautéed garlic and a kick of hot pepper!

Ingredients:

- ¼ cup olive oil
- 1 large sweet yellow onion, rough chopped
- 3 cloves garlic, chopped fine
- 1 large leek, rough chopped
- 1 small green chili pepper, chopped fine
- 2 red bell peppers cut into 1 inch chunks
- 2 zucchini cut into 1 inch chunks
- 1 large eggplant (or two medium), peeled and cut in 1 ½ inch cubes
- 1 pound Roma tomatoes, seeded and chopped (or 2 cans stewed tomatoes)
- ½ cup fresh basil, chopped fine or 2-3 tablespoons of pesto
- ¼ cup chicken broth or two bullions dissolved in ¼ cup hot water
- ½ teaspoon sea salt
- ½ teaspoon pepper
- ½ fresh grated Parmesan cheese

Directions:

In a large, deep skillet or Dutch oven, sauté onion, garlic, leek and chili pepper until softened, about 10 minutes. Add red peppers and zucchini. Cook for another 10 minutes. Add eggplant, tomatoes, basil or pesto chicken broth, salt and pepper. Mix well. Cover and simmer for about 30 minutes. Serve over rice and sprinkle with fresh grated Parmesan cheese.