

Vegetable Medley

4 Servings



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OLDWAYS

Ingredients

2 teaspoons peanut or extra-virgin olive oil
1 large onion, chopped
2 cloves garlic, minced
1 can (8 ounces) tomato sauce
½ cup water
2 teaspoons chili powder

½ teaspoon salt
1 head of cauliflower (about 2½ pounds),
broken into large florets
2 carrots, cut into ½-inch slices
1 green pepper, cut into 1½-inch pieces
¼ cup creamy peanut butter

Instructions

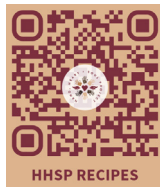
1. In a 5-quart Dutch oven, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring frequently, 3 to 5 minutes, or until the onion is translucent.
2. Stir in the tomato sauce, water, chili powder and salt. Add the cauliflower, carrots, and green pepper. Bring to a boil. Reduce the heat, cover, and simmer for 15 minutes.

3. Stir in the peanut butter, cover, and simmer for 5 minutes longer or until the vegetables are tender.

*Courtesy of Best Foods and the Peanut Institute.
Photo by Sarah Anderson.*



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