



Italian-Style Vegetable Skillet



Time: 25 min.

Difficulty: Easy

Ingredients (4 people)

- **Ingredients**

- Organic chopped tomatoes 750g 2 cups
- Dried oregano 1 tsp
- Extra virgin olive oil to taste
- Fresh parsley A handful for garnish
- Garlic cloves 3 chopped
- Orange bell pepper ½ sliced
- Red bell pepper ½ sliced
- Salt and pepper to taste
- Small onion 1 halved, then sliced into half moons
- White wine vinegar 1 tsp
- Zucchini 1 to 2 squash, halved length-wise, then sliced

For this recipe we used:



Preparation

This flavor-packed vegetable skillet makes a quick vegan dinner over a bed of your favorite grain or pasta.

1. In a large skillet, heat 2 tbsp extra virgin olive oil until shimmering but not smoking.
2. Add onions, red bell peppers, orange bell peppers, and zucchini. Sauté for about 4 minutes, tossing occasionally.
3. Add garlic, **Pomì Organic Chopped Tomatoes**, oregano, and salt and pepper. Bring to a boil, then lower heat to cook for 10 to 15 minutes over medium heat.
4. Finally, stir in white wine vinegar and fresh parsley. Enjoy over your favorite grain or pasta.

Recipe by Suzy Karadsheh of [TheMediterraneanDish.com](https://www.themediterraneandish.com)

- *The Mediterranean Dish*