

Simple Vegetable Ragú



Italian Style:

14-oz. petite diced tomatoes
1/2 yellow onion, diced
One yellow bell pepper, diced
1-1/2 T Vinnie the Knuckles Italian Seasoning
Nocarella Ultra Olive Oil, from Olive U
Ground Black Pepper, to taste

Moroccan Style:

14-oz. petite diced tomatoes
1/2 yellow onion, diced
One yellow bell pepper, diced
2-1/2 tsp. Saigon Cinnamon, divided
1-1/2 T Indian Curry
1-1/2 tsp. Smoked Paprika
1 tsp. Balsamic Vinegar (Chocolate or Espresso)
Salt & Fresh Ground Pepper, to taste

Heat 2 T of the olive oil in a saute pan, add onions, peppers and tomatoes. Season with spices. Saute for 3-5 minutes on medium, then turn heat to low and let simmer until veggies are tender (15-20 mins.) Drizzle in olive oil or balsamic vinegar at the end of cooking time.

Now... **Make an Easy Crostini Appetizer!**

Toast some french bread, sliced 1/4" thick, in the oven.
Spread slices with softened cream cheese. Then...

For the Italian version: Top with a small piece of Italian Proscuitto ham, sliced thin. Add a dollop of the Veggie Ragú and drizzle with olive oil.

For the Moroccan version: Mix a little Saigon Cinnamon into the cream cheese before spreading onto the bread. Top with the Veggie Ragú, sprinkle on crushed mint and add a few thin slices of dried apricots.

Captain's Note:

Or...spoon some over grilled chicken, stir some into pasta or rice, serve over a baked potato....the sky's the limit! :)