

PISTO MANCHEGO



what you need

- 3 *tb*sp olive oil
- 1 green bell pepper
- 1 onion, *diced*
- 1 zucchini, *cubed*
- 1 garlic clove, *minced*
- 1 cup corn
- $\frac{3}{4}$ *lb* tomato, *skinned and diced*
- 1 *tb*sp parsley, *minced*

how to make it

1. Heat oil in large pan and sauté the pepper, onion, zucchini and garlic until the onion is wilted.
2. Add tomato, corn, parsley, salt and pepper and cook over medium heat uncovered for 30 minutes.
3. At end of cooking time, turn up heat and reduce the liquid—the stew should be thick, not soupy.

enjoy!

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