

Hungarian Leczo (Capsicum Stew)

This stew is a great vegetarian dish as is, soak up the juices with fresh buttered bread, a great winter warmer.

Alternatively serve as a cold side dish with BBQed meat or roast chicken. For meat eaters diced continental franks or csabi salami can be added to the stew toward the end of cooking. Serve over cooked rice or fluffy mashed potatoes, great with a cold beer.

Ingredients:

2 tbsp olive oil

2 large brown onions sliced into rings

6 large capsicums-2 red, 2green, 2 yellow, sliced in rings

2 cans crushed tomatoes

2 tbsp tomato paste

2 tsp sugar

Pinch black pepper, salt to taste

1 tbsp sweet paprika

100 mls water

Method:

Heat oil in a large pan and sauté onions until translucent, remove from heat and add paprika powder, stir through well. Return to heat and add capsicum combining well with onions, add water and simmer covered until capsicums soften. In a bowl combine tomatoes and paste, sugar, salt and pepper then add to capsicum mixture and simmer gently for about 20 minutes more, (sausage can be added 5 minutes before finishing).
Serve as suggested.