
Stewed Tomatoes and Onions

Kathleen Olsen

Nettles Island Cooking in Paradise - 2014

3 cups tomatoes, peeled and chopped

1 onion, chopped

1 clove garlic, minced

1/2 cup green pepper, chopped

1/4 cup celery, chopped

1 tablespoon red wine vinegar

black pepper (to taste)

extra virgin olive oil

In a skillet, saute' the onion, garlic, pepper and celery in extra virgin olive oil.

Add the tomatoes, vinegar and black pepper.

Simmer for 15 minutes.

Serve.

Side Dishes

Per Serving (excluding unknown items): 187 Calories; 2g Fat (8.8% calories from fat); 7g Protein; 42g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 80mg Sodium. Exchanges: 7 1/2 Vegetable; 0 Other Carbohydrates.