

# PEPPER STEW

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none"><li>▣ 3-4 fresh tomatoes and 1-2 bell peppers OR 16 oz tomato sauce and 6 oz tomato paste. (Bell pepper is optional)</li><li>▣ Meat/Chicken/Fish</li><li>▣ 4 magi cubes</li><li>▣ Palm oil if available, otherwise use vegetable oil</li><li>▣ 2 onions</li><li>▣ Salt</li><li>▣ Dry pepper</li><li>▣ Water</li></ul>	<ol style="list-style-type: none"><li>1. Place the meat in a pot, add very little water (most meat produces water as it cooks), dice one onion in with the meat, add some salt, and cook the meat until it is almost tender.</li><li>2. If you are using fresh ingredients, grind the tomatoes and the bell peppers together. You can grind in another onion in with them if you wish.</li><li>3. Pour the blended tomato mixture (or the tomato sauce and tomato paste) into the pot with the meat. Also add the palm oil or vegetable oil.</li><li>4. Allow to cook for about 20-30 minutes, stirring constantly.</li><li>5. Add salt and dry pepper to taste.</li></ol> <p>Eat with any of the dishes that have 'soup' with them</p>