



CAPONATA

Submitted by: Carolyn Seibel



3 PEPPERS (DICED) - USE DIFFERENT COLORS – RED, GREEN, YELLOW OR ORANGE)

1 EGGPLANT (CUBED)

2-3 CELERY STALKS DICED

BROWN OLIVES, PITTED AND HALVED (SHOPRITE HAS THEM IN CAN SLICED)

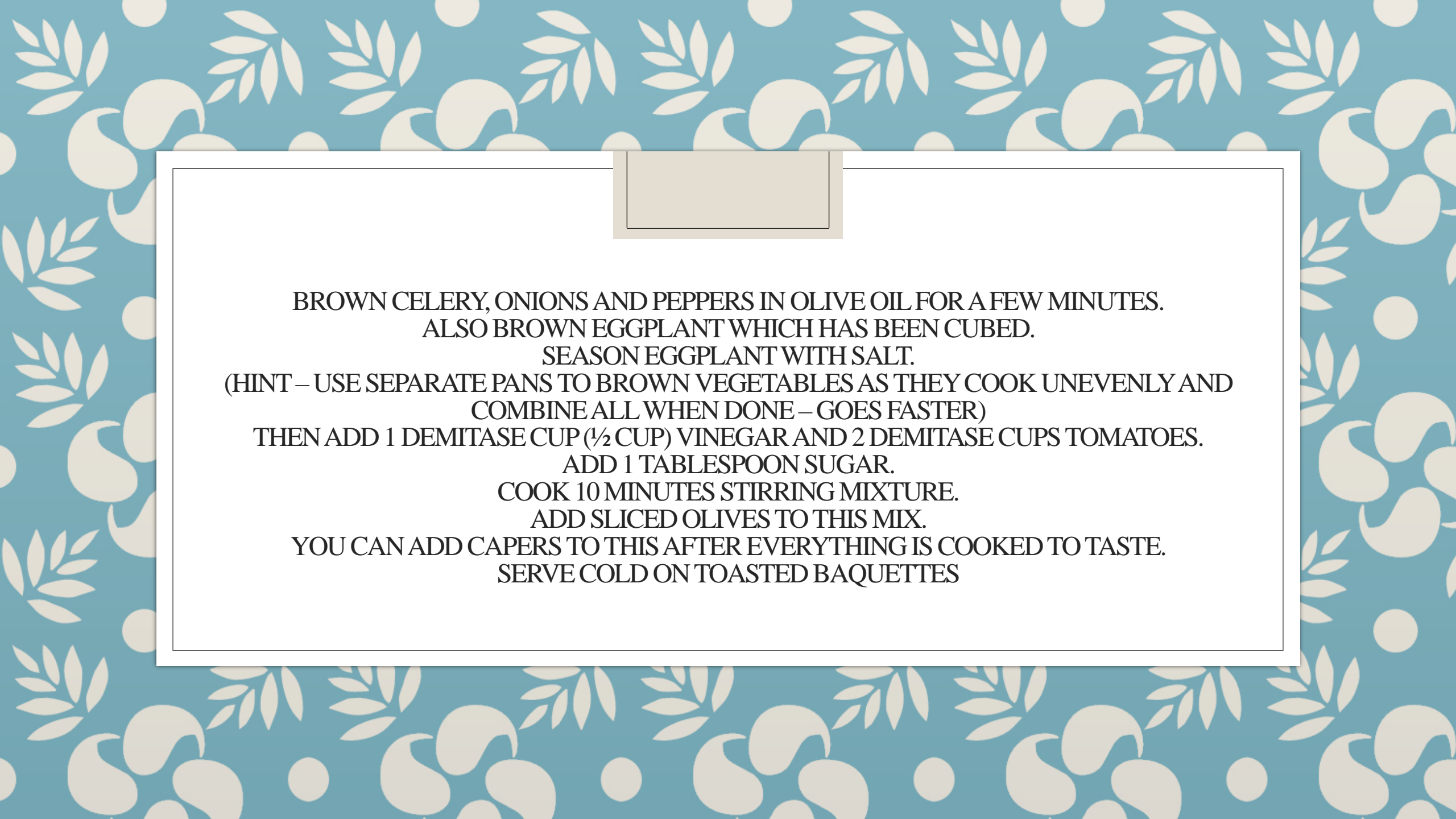
2 ONIONS (DICED)

1 - 14 OZ CAN DICED PETITE TOMATOES

½ CUP VINEGAR (WHITE OR WINE)

1 TBSPN SUGAR

CAPERS (TO TASTE OPTIONAL)



BROWN CELERY, ONIONS AND PEPPERS IN OLIVE OIL FOR A FEW MINUTES.
ALSO BROWN EGGPLANT WHICH HAS BEEN CUBED.
SEASON EGGPLANT WITH SALT.
(HINT – USE SEPARATE PANS TO BROWN VEGETABLES AS THEY COOK UNEVENLY AND
COMBINE ALL WHEN DONE – GOES FASTER)
THEN ADD 1 DEMITASE CUP (½ CUP) VINEGAR AND 2 DEMITASE CUPS TOMATOES.
ADD 1 TABLESPOON SUGAR.
COOK 10 MINUTES STIRRING MIXTURE.
ADD SLICED OLIVES TO THIS MIX.
YOU CAN ADD CAPERS TO THIS AFTER EVERYTHING IS COOKED TO TASTE.
SERVE COLD ON TOASTED BAQUETTES



Clean celery



Dice
Celery



You can buy
sliced mixed
peppers

(or you can slice
and dice whole
ones)



Diced colorful
peppers



You can
also buy
sliced
black
olives





One
whole
eggplant



Dice
Eggplant
into cubes



Two whole
onions



Dice in
food
processor



Can of
Diced
Tomatoes



Capers



Sugar



Vinegar



EVOO

Extra Virgin Olive
Oil



Fry eggplant and Onions/peppers in different frying pans using olive oil.



Here's our happy cook..... Sharing her delicious recipe~!!!



Combine
eggplant,
onions, peppers,
olives, vinegar,
sugar, capers



Add Tomatoes



Add
Tomatoes



Carolyn,
enjoying the
“fruits of her
labors”.

Enjoy!

