

Colorful Stew

Ingredients

- Extra-virgin olive oil
- 2 links pork sausage, cut into pieces
- 1 lb boneless chicken breasts, cut into small pieces
- 1 eggplant, cut into small pieces
- 1 yellow pepper, cut into small pieces
- 1 red pepper, cut into small pieces
- 1 cup peas (optional)
- ¼ cup sliced onion
- 1- 1/2 cups tomato sauce
- Parsley, salt, pepper, garlic powder, as desired
- Shredded pecorino romano cheese for serving

Directions

1. Heat olive oil in stew pot on medium heat.
2. Put sausage, peppers and onions in and cook till sausage is mostly cooked and vegetables are soft.
3. Add chicken and cook through.
4. Add eggplant cubes. Stir into mixture and cook on medium.
5. When everything is cooked, add tomato sauce and canned peas.
6. Add herbs/spices as desired (parsley, basil, garlic powder).
7. Simmer on warm till flavors have blended and stew is hot.
8. Serve with shredded cheese and crushed red pepper, if desired.

Mary-Beth says: *"This started as 'I wonder what I should do for dinner', and then turned into a concoction that will be made over and over again."*