



# From the Culinary Company Kitchen

**...enhancing your joy of cooking.**

**Questions? We are here to help... [www.CulinaryCompanyOnline.com](http://www.CulinaryCompanyOnline.com) 1-888-336-5381**

## Sautéed Red and Yellow Peppers

Yield: 6 portions

INGREDIENTS	AMOUNTS
Red Bell Peppers	3 ea
Yellow Bell Peppers	3 ea
Olive Oil	1 ¼ oz
Salt	1 tsp
Black Pepper, Ground	1/8 tsp

### Process

1. Cut the peppers into desired shapes
2. Sauté in olive oil until cooked to desired tenderness
3. Season the peppers with salt and pepper, to taste