

# Matbucha - pepper and tomato dip

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## Ingredients:

1. 1 green bell pepper, cubed
2. 1 red bell pepper, cubed
3. 1/2 jalapeño pepper seeded and diced
4. 14 ounce can of diced tomatoes
5. 2 cloves garlic sliced
6. 1 onion diced
7. 1 tsp paprika
8. 1/2 tsp cumin powder
9. 1/2-1 tsp salt (to taste)

## Directions:

In a medium heavy saucepan, sauté the onion with 2 Tbs water (no oil) until soft.

Add the green, red, and jalapeño peppers and sauté for another 5 minutes then add the tomatoes, garlic, paprika, cumin, and salt.

Cover and simmer for 2 hour on low heat, stirring every 10 minutes as needed to prevent scorching/sticking

Serve at room temperature alongside toasted whole wheat pita slices as a dip or as a side dish.

