

Caramelized Peppers

-A mix of different colored sweet peppers. 7 medium to large, or 12 small.

- A quarter of an onion, chopped

-1 tbsp olive oil

-1/4 tsp salt

1. Cut the peppers into strips, removing the seeds and ribs. Heat the oil in a 12 inch skillet (preferably cast iron) over medium heat. When the oil is shimmering, put in the peppers and onion. Immediately turn the heat down to low and stir.
2. Let the peppers and onion cook very slowly for 2 hours, stirring every 10 minutes or so. You may have to stir it more often toward the end of cooking.
3. When the peppers are lovely, dark, caramelized and jammy remove them from the heat and add the salt. Enjoy hot, cold or at room temperature.