

# Betty's Sauteed Bell Pepper Medley



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In this video, Betty demonstrates how to make Sauteed Bell Pepper Medley. This is a great accompaniment that goes with anything from sandwiches to steaks!

## Ingredients:

1 large green bell pepper

1 large red bell pepper

1 large yellow bell pepper

½ to 1 teaspoon chopped fresh thyme (I eventually used 1 full teaspoon, and it was great. If you are using dried thyme, just use one-third as much.)

1 tablespoon butter

Wash and seed 1 green, 1 red, and 1 yellow bell pepper and chop them coarsely. Melt 1 tablespoon butter in a large skillet. Add chopped peppers and 1 teaspoon fresh chopped thyme. Cook over medium-high heat, stirring occasionally, 4 or 5 minutes, or until crisp-tender. Spoon into a nice serving bowl and serve immediately. This looks beautiful alongside the entrée of your choice. Enjoy!!! --Betty ☐