

Capanada per la Microwave

Le ricette di cucina di Marge DeBenedetto

**From "Tout de Suite à la Microwave"
By Jean K. Durkee**



Cooking Time: 1 hour 15 minutes

Utensil: 4 quart casserole

Makes: 2 quarts

Ingredienti

**3 cups onion, coarsely chopped
1-1/2 cups bell pepper, coarsely chopped
1-1/2 cups celery, coarsely chopped
1/2 cup olive oil**

2 large eggplants peeled and cut in 1 inch cubes. Soak in salt water 20 min., drain.

1 (8 oz.) can tomato sauce

1 (6 oz.) can tomato paste

**5 cloves garlic, minced
1 (6 oz.) can pitted black olives, whole
1/2 cup pitted green olives, whole
1/2 cup red wine vinegar
3 Tablespoons sugar
1/4 cup capers
1-1/2 teaspoons oregano
2 teaspoon cayenne pepper
1 teaspoon pepper
1 (4 oz.) can mushroom pieces**

Come Fare

In a 4 quart casserole, sauté onion, bell pepper and celery in olive oil. Cover with wax paper and cook in Microwave on HIGH 30 MIN. Stir once or twice.

Stir in eggplant. Cover & cook on HIGH 30 MIN. Stir once. Add tomato sauce and paste. Cook on HIGH 10 MIN.

Stir in garlic, olives, vinegar, sugar, capers, oregano, mushrooms and peppers. Cook on HIGH 5 MIN. Chill before serving.

Serve Capanada with crackers or slices of French bread.

This can be refrigerated for a long time.

Buon Appetito!

Please send recipes, comments and suggestions to

recipes@lasocietaitaliana.org

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