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RECIPES ARE ADDED!**

**Stew Veal,
Peppers and
Onions**

Ingredients (*Serves 2–4*)

- **1 lb stew veal**, cubed
- **1 (28 oz) can tomato sauce or crushed tomatoes**
- **1 tbsp olive oil**
- **1 tsp butter**
- **1 yellow onion**, diced
- **1 red or green bell pepper**, cut into ¼-inch strips
- **1/4 cup tomato paste**
- **1 tsp Italian seasoning**
- **1 tsp granulated garlic** (*or 1 clove fresh garlic, finely diced*)
- **1 tsp black pepper**
- **1 tsp kosher salt**
- **1 tbsp dried parsley** (*or 2 tbsp fresh parsley, chopped*)

Instructions

1. Sauté the Veal & Vegetables

1. Heat **olive oil and butter** in a **sauté pan** over **medium heat** for **2 minutes**.
2. Add the **veal** and cook until it starts to **brown on all sides**.
3. Stir in the **onions and peppers** and cook until the **onions become translucent**.
4. If using **fresh garlic**, add it now and cook for **1 minute** until fragrant.
5. Transfer everything to a **heat-safe container** and set aside.


2. Prepare the Sauce

6. In a **6-quart stockpot** or **large saucepan**, combine:
 - **Tomato sauce or crushed tomatoes**
 - **Tomato paste**
 - **Italian seasoning**
 - **Granulated garlic** (*omit if using fresh garlic*)
 - **Black pepper**
 - **Kosher salt**
 - **Parsley**
7. Cook over **medium heat**, stirring often, until it reaches a **low boil**.

3. Simmer & Serve

8. Reduce the heat to **low** or **simmer**, then add the **reserved veal, onions, and peppers** to the sauce.
9. Simmer for **1–2 hours**, stirring occasionally, until the veal is **tender** and the sauce has **thickened**.
10. Taste and **adjust seasoning** with more kosher salt if needed.

4. Enjoy!

 Serve with my recipe for [homemade pasta](#) for the perfect Italian meal!