The University of Texas Rio Grande Valley
Office of Professional Education & Workforce Development

Lecso - Hungarian Tomato - Pepper Stew

(Pronounce Lhe-cho)
4 servings

Ingredients:

2-3	tablespoons neutral oil
1	large onion, peeled, diced
1	carrot, peeled, diced
2	green peppers, deseeded, diced
1	red pepper, deseeded, diced
1	Anaheim pepper, or pepper of choice ,deseeded, diced
1	Jalapeno pepper, diced, or hot pepper of your choice
4	large tomatoes, diced
2-3	large cloves of garlic, peeled, chopped
1	bay leaf
4	twigs of parsley
2-3	cups water
2	small zucchinis, diced
1-15 oz can	garbanzo beans, drained, rinsed
Salt to taste	

Optional:

1	teaspoons of sweet paprika, make sure paprika is fresh

Directions;

Wash throughly all vegetables, then cut into bite size chunks, about 2 inches each. Place large sauté pan over medium heat, add oil, onion, carrot (carrot adds sweetness and mellows out the tartness of tomatoes), add sausage, bacon (if using) and sauté for about 5 minutes. Add peppers, garlic, tomatoes, parsley and cook for 10 more minutes. Add water, and any other ingredient of your choice. Cook for about 10 minutes. Taste and adjust seasoning.

Serving ideas; Serve Lecso in a bowl
Serve with bread, potatoes or rice.