

Searred Peppers



Ingredients

For 1 serving/meal

- 1 Tbsp Extra-Virgin Olive Oil
- 1 Bell Pepper (any color)
- Garlic Powder
- Dash of Pink Himalayan Salt or Sea Salt
- Ground Black Pepper
- Smoked Paprika or any other seasoning

Directions

1. Wash and dry bell pepper, remove stem and seeds then slice thin
2. Add olive oil to pan and heat on medium
3. Add peppers to pan then spices and stir every few minutes
4. Cook until peppers are soft

** These are my favorite side dish that I have with lunch or supper almost everyday!!

