\*\*Family Recipes\*\*

A collection of recipes from around the Giordano/Bellino universe.

# Appetizers

## CAPONATA

**Ingredients**

* 1/4 c. Olive oil
* 1 large carrot chopped (1/2”)
* 1 large onion chopped
* 2-3 stalks celery chopped
* 1 firm eggplant, peeled and chopped
* 1 can petite diced tomatoes
* 1 can water or vegetable stock
* 2 T. Capers
* 2 T. Vinegar

**Directions**

Parsley, chopped fine Sauté carrot, onion and celery until soft Add eggplant and stir until all coated with oil mix Add tomatoes, water and cook over medium heat until very soft, about 20 min. Add capers, vinegar and parsley Serve as an appetizer or as a topping for pasta

# Soups

## BRAZILIAN STEW

**Ingredients**

- 1 tablespoon canola oil - 1 medium onion, chopped - 2 cloves garlic, minced - 2 sweet potatoes, peeled, diced - 1 large red bell pepper, diced - 1 cans diced tomatoes - 1 hot green chili pepper, diced - 2 cups vegetable stock plus 1 1/2 cups of water - 2 cans black beans - Serve and top with - 1 mango, peeled and diced - 1/4 cup chopped fresh cilantro - 1 lime

**Directions**

cook onion, garlic, sweet potato and bell pepper until soft. Then add the rest of the ingredients and cook until done.

# Main Dishes

## Dad’s Sauce

**Ingredients**

* 1 large onion chopped and sautéed until translucent
* Olive oil (quello buono)
* 1 Large can of crushed tomatoes
* 1 Pomì of strained tomatoes
* Salt, pepper to taste
* Rosemary (fresh if possible)

**Directions**

Cover the bottom of the pan with oil on medium heat When oil is beginning to sizzle add the onion and rosemary. Stir so onion and rosemary don’t burn. Add tomatoes salt and pepper. Bring everything to a boil and then lower heat and simmer for 40/45 minutes and voilà Keep the can to add water to the sauce as needed. My mom always added butter at the end to giver it a more velvety taste. I haven’t done it but it’s an option Obviously medium heat and simmer is not the same for all stoves so you have to play with it # Sides # Deserts