



Creole Sauce from Canouan

Ingredients:

- 2 c. vegetable stock
- 1 red bell pepper -diced
- 1 yellow pepper-diced
- 1 large carrot-diced
- 1 small onion-diced
- 1 Tb chopped herbs (thyme,basil, oregano)
- 1 Tb ketchup
- 1 Tb Creole seasoning (or to taste)
- 1 tsp chopped fresh garlic

Directions:

in a medium pot, pour a little olive oil in pan and saute garlic until translucent.

place all other ingredients in pot and gently simmer for 10 minutes.
taste for taste and add salt, pepper or more Creole seasoning.