

Matbucha

Yield: 4 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/matbucha-recipe-indian>

Ingredients:

- 2 green bell peppers 3/4 lb total
- 1 jalapeno medium, or more to taste
- 2 cans diced tomatoes 1 lb 12 oz each, or 8 large tomatoes peeled and diced
- 1 clove garlic minced
- 2 tablespoons sugar or to taste-- some people prefer it less sweet
- 1 teaspoon chili pepper flakes or more to taste
- 1/2 teaspoon salt
- 1/3 cup extra-virgin olive oil
- 1 tablespoon paprika

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 15 grams
3. Fat: 18 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 300 milligrams
8. Sugar: 11 grams

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