



# Tradicional Spanish Pisto

# Ingredients

- 3 small cougetts
- 2 medium red bell peppers
- 2 medium green bell peppers
- 4 medium onions
- 3 small purple aubergines
- 2 pounds of ripe tomatoes
- 5 cloves of Garlic
- 1 teastspoon of refined sugar
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- Salt and pepper to taste
- A couple of dried cayenne peppers
- Extra virgin olive oil
- A pinch of thyme, rosemary and fresh oregano























Let's see backstage...



**Thanks four attention!**