

Mussels Bell Peppers and Onions

Ingredients:

2 T. olive oil

2 T. unsalted butter

½ large yellow onion, chopped medium

½ red or orange bell pepper, chopped medium

2 T. minced garlic

3 lbs. fresh mussels, rinsed and beards removed

1 cup dry white wine

3 T. chopped flat leaf parsley

Procedure:

In a large pan or Dutch oven, melt the butter together with the olive oil.

Sauté the onion and the bell pepper over medium high heat for about 5-7 minutes, or onions are soft. Add the garlic and continue cooking for another 3 minutes. Mix in the mussels and white wine and reduce heat to medium. Cover the pan and let cook for about 3-4 minutes.

Turn off the heat, stir and cover. Let the mussel steam for another 4-5 minutes. The mussels should be opened. If any have not opened or are damaged, discard.

Place mussels on a deep serving tray with the remaining juices and garnish with flat leaf parsley. Serve with saltine crackers and hot sauce.

