

Hungarian Lecso Pepper, Sausage and Tomato Stew

1	large	large red onion, peeled and chopped	1	Tbsp	bacon bits
4	large	red bell pepper, cut into half strips	1/2	cup	roasted chicken favored ready rice
2	large	large yellow bell pepper, cut into half strips	2	tsp	butter melted
2	large	large green bell pepper, cut into half strips	1	tsp	Hungarian paprika
1	medium	jalapeno pepper minced	1	lb	polish sausage sliced
4	large	tomatoes, cut into half strips	2	Tbsp	cooking oil
4	slices	large bacon, chopped			Salt and black pepper to taste

- 1 In a big pan over medium heat, cook bacon for a minute or two.
- 2 Add onions and cook until translucent.
- 3 Turn the heat down.
- 4 Add the pepper, paprika, tomatoes, sausage, salt to taste and stir well.
- 5 Cover and simmer over medium-low heat for about 40 minutes.
- 6 Add the rice, the butter and simmer over medium-low heat all flavors are melded about 15 more minutes
- 7 Serve with fluffy fresh Italian or French bread.

Servings: 6
Yield: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes
Cooking Time: 30 minutes
Total Time: 45 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (21.9 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.



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Amount Per Serving	
Calories	557.76
Calories From Fat (58%)	321.32
% Daily Value	
Total Fat 35.87g	55%
Saturated Fat 10.85g	54%
Cholesterol 71.99mg	24%
Sodium 1146.87mg	48%
Potassium 1256.79mg	36%
Total Carbohydrates 41.67g	14%
Fiber 6.77g	27%
Sugar 14.08g	
Protein 20.17g	40%