

# Cheesy Vegetables with Zip

- 2 sweet onions, chopped
- 2 sweet red bell peppers, chopped
- 1 ten ounce package frozen English peas
- 1 can whole kernel corn
- 2 packages cream cheese

In a large skillet, sauté the onions in generous and equal amounts of butter and extra virgin olive oil over medium heat. While they're cooking, chop and add the red bell peppers. Stir well and sprinkle generously with granulated garlic. Cover and let the peppers and onions cook down for about 10 minutes. Add the peas and corn (not drained, add the "juice" from the corn too). Stir together and flavor with sea salt and fresh ground pepper, or a blend such as *Janes Crazy Mixed Up Salt*. Cover and let it cook together for another 5 to 7 minutes until the peas start to cook. Uncover and sprinkle with cayenne pepper. Stir and allow the mixture to cook for a minute or two, then add the cream cheese. With a spatula, break up the cream cheese bricks and stir until the cheese is melted and everything is mixed well together. Serve and enjoy!

This is a fun recipe that allows many variations. I've made it with spreadable sharp cheddar cheese instead of the cream cheese. That was delicious, too. I originally came up with the recipe when I wanted to make something and I had these limited ingredients on hand.