



## Calabacitas

### Ingredients

3 T olive oil  
½ onion, chopped  
1 clove garlic, smashed and copped fine  
5 squash (zucchini, yellow, Mexican and crookneck in any combination), chopped  
1 ear of fresh corn, cut off of the cob  
½ red bell pepper, chopped  
½ C green roasted green chile, prepared and chopped  
Salt and pepper to taste  
1/4 C chicken stock  
1 T oregano

### Preparation

In a heavy pot, heat the oil on medium high. Add the onion and sauté a few minutes. Add the garlic and sauté a minute more. Add the squash, bell pepper, corn and green chile. Season with salt, pepper and oregano. Sauté a few minutes more. Add the chicken broth and simmer for 5 minutes. The liquid will reduce and the vegetables will cook to tenderness. Re-season if necessary.  
(If you like a little creaminess, add a ¼ C sour cream and incorporate just before serving.)