





The Sizzle That Starts the Feast

I love the sound of veggies hitting a hot pan. That sizzle is a promise. It tells you something wonderful is coming. It makes my kitchen feel alive.

This recipe is my favorite way to get that sound. It is just peppers and onions. A little oil and salt join the party. The smell will pull everyone into the kitchen. I promise.

A Little Story From My Kitchen

My grandson used to pick out all the peppers from his food. He would leave a little green pile on his plate. It made me smile.



Then I made him try these fajita veggies. He saw me cook them. He heard the sizzle. Now he asks for them. I still laugh at that. Why this matters: Cooking together can change a picky eater. It is a small miracle.

Why This Simple Dish Works

You only need a few things. A hot pan is your best friend here. It makes the edges of the onions sweet. It softens the peppers just right.

The oregano is the secret. It is not a show-off. It just sits in the background. It makes everything taste like it belongs together. *Fun fact*: Oregano is sometimes called the "pizza herb." But it is wonderful with peppers, too.

Your Turn to Cook and Share

What is your favorite thing to add to fajitas? Do you like chicken or steak more? I am a veggie girl myself. Tell me what you think.

When you make these, watch the colors. They get so bright and happy. Doesn't that smell amazing? It is the smell of a good meal with people you love.

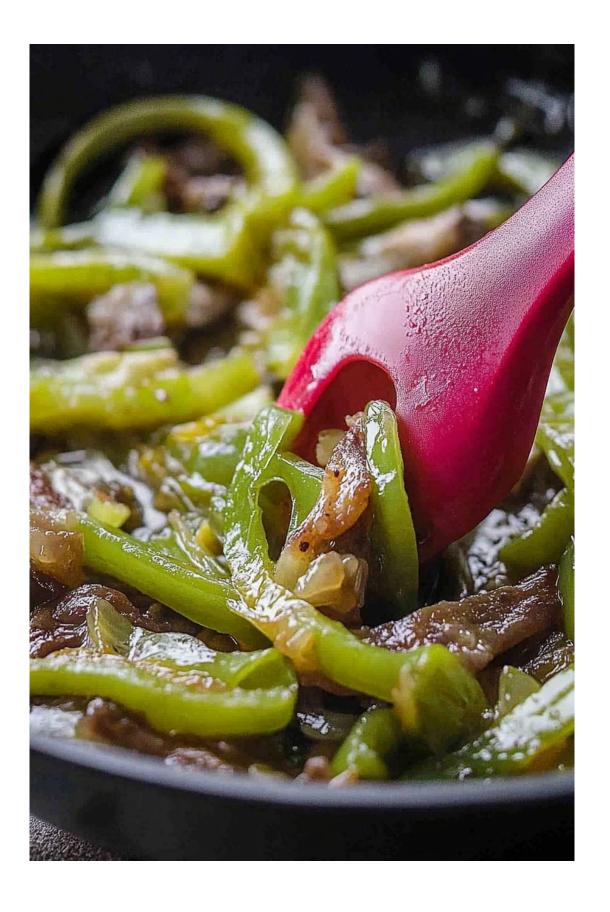
A Final Thought on Feeding People

This dish is more than a side. It is a bridge. It connects the meat, the beans, and the tortilla. It brings everything to life.

Why this matters: Good food does not need to be fancy. It just needs to be made with care. The simplest meals can create the biggest smiles. What was the last simple meal that made you really happy?









Ingredients:

Amount	Notes
1/4 cup (53 g)	
2 large	Seeded and sliced
1 large	Thinly sliced
1/2 teaspoon	
1/4 teaspoon	
	1/4 cup (53 g) 2 large 1 large 1/2 teaspoon







My Copycat Chipotle Fajita Veggies

I love the sizzle of peppers and onions in a hot pan. It reminds me of family taco nights. My grandson once said these taste just like the ones from Chipotle. That made me so happy. So we worked together to get the taste just right. It is a simple little side dish. But it makes any meal feel like a fiesta.

See also Perfectly Caramelized Sweet Potato Wedges

You only need a few things for this recipe. Grab a big green bell pepper and a red onion. The colors are so cheerful together. You will also need some olive oil, salt, and dried oregano. That is it. I love recipes that do not need a long shopping list. It makes cooking feel easy and fun.

Here is how we make our favorite fajita veggies. Let's get cooking.

- **Step 1:** Pour the olive oil into a big skillet. Turn the heat to medium-high. Let the pan get nice and hot. You want the oil to shimmer a little. (A hard-learned tip: If you add the veggies too soon, they will get soggy. We want a good sizzle!)
- Step 2: Carefully add your sliced peppers and onions. Listen for that wonderful sound. It always makes my stomach rumble. Spread them out in one layer. This helps them cook evenly instead of steaming.
- **Step 3:** Now, sprinkle on the salt and oregano. The oregano is the secret. It gives them that special restaurant flavor. I still laugh at the time I used cinnamon by mistake. What is your funniest cooking mix-up? Share below!
- **Step 4:** Let the veggies cook for about 12 to 15 minutes. Stir them only once in a while. We want them to get soft but still have a little crunch. Doesn't that smell amazing? They are done when the onions look a bit seethrough.
- Step 5: Take the skillet off the heat. Your fajita veggies are ready to eat. I



like to serve them right away while they are still warm.

Cook Time: 12–15 minutes **Total Time**: 20 minutes

Yield: 4 servings Category: Side Dish

See also Sausage Stuffing Recipe for Holiday Meals

Three Fun Twists to Try

Once you master the basic recipe, you can play with it. I love adding little changes. It keeps things exciting in the kitchen. Here are three of my favorite twists on these fajita veggies.

- **Spicy Kick:** Add a sliced jalapeño pepper with the other veggies. It gives a nice little heat.
- **Mushroom Mix-In:** Toss in a handful of sliced mushrooms. They soak up all the delicious flavors.
- **Summer Squash:** Use thin slices of yellow squash or zucchini. It makes the dish feel light and fresh.

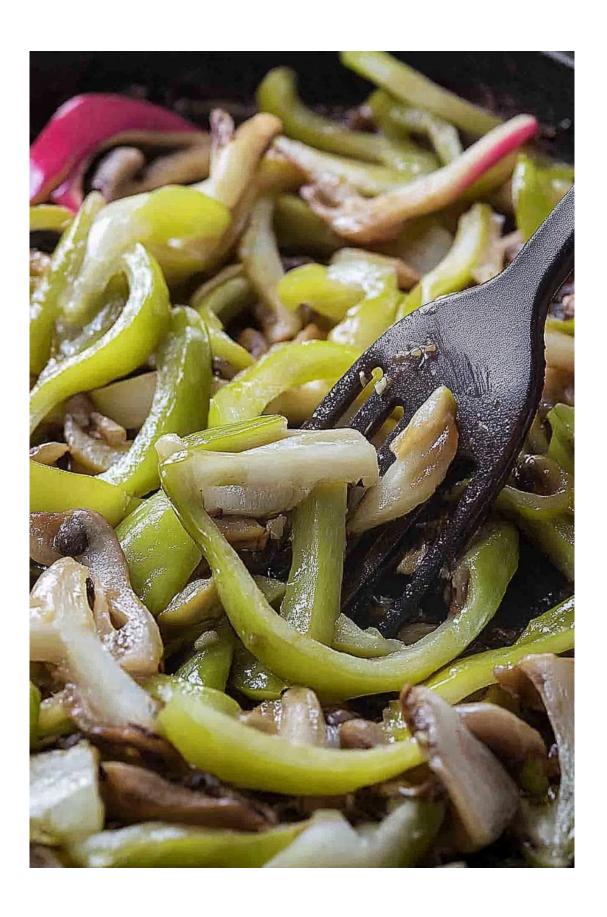
Which one would you try first? Comment below!

Serving Your Fajita Masterpiece

These veggies are so versatile. Of course, they are perfect in tacos or fajitas. I pile them on with grilled chicken and salsa. They are also wonderful just next to a piece of fish. Or you can toss them into a bowl of rice for a quick meal.

For drinks, I have two favorites. A cold glass of limeade is so refreshing. For the grown-ups, a light Mexican beer pairs beautifully. The crisp taste cuts through the richness. Which would you choose tonight?







Keeping Your Fajita Veggies Fresh

Let's talk about keeping these veggies tasty for later. After they cool, pop them in a sealed container. They will stay good in your fridge for about four days. You can also freeze them for a month.

I love making a double batch on Sunday. It makes weeknight dinners so much easier. I remember my first big batch. I felt so clever having dinner halfway done already.

This matters because a little planning saves you time and money. No more wilted veggies forgotten in the drawer. To reheat, just warm them in a pan. This keeps their texture nice.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Fajita Problems

Sometimes our cooking does not go as planned. Do your veggies get soggy? Your pan might be too crowded. Cook them in two batches for a better sizzle.

I once added the salt too early. It pulled out all the water from the onions. Now I add the salt halfway through cooking. This helps the peppers and onions keep their shape.

See also Tangy Lemon Rice with Turmeric and Peanuts

Not getting that restaurant smell? Make sure your oil is hot before adding veggies. You should hear a gentle sizzle. This matters because it builds flavor right from the start.



Getting this right builds your cooking confidence. You learn to trust your senses. *Fun fact: The sizzle sound means moisture is quickly turning to steam, which is good!

Which of these problems have you run into before?

Your Fajita Veggie Questions Answered

Q: Is this recipe gluten-free?

A: Yes, all the ingredients are naturally gluten-free. It is a very safe side dish.

Q: Can I make these ahead of time?

A: Absolutely. Make them up to two days ahead. Just reheat in a pan.

Q: What if I do not have a red onion?

A: A yellow or white onion works just fine. Use what you have.

Q: Can I double this recipe?

A: You can, but use your biggest pan. Or cook in two separate batches.

Q: Any other seasoning ideas?

A: A tiny pinch of cumin is lovely. It adds a warm, cozy flavor.

Which tip will you try first?

My Kitchen, Your Kitchen

I hope you love making these fajita veggies as much as I do. They always remind me of happy, noisy family dinners. My table feels complete with a



sizzling skillet in the middle.

I would be so thrilled to see your creations. It makes my day to see your cooking. Please share a photo of your finished dish with me.

Have you tried this recipe? Tag us on Pinterest!

Happy cooking!

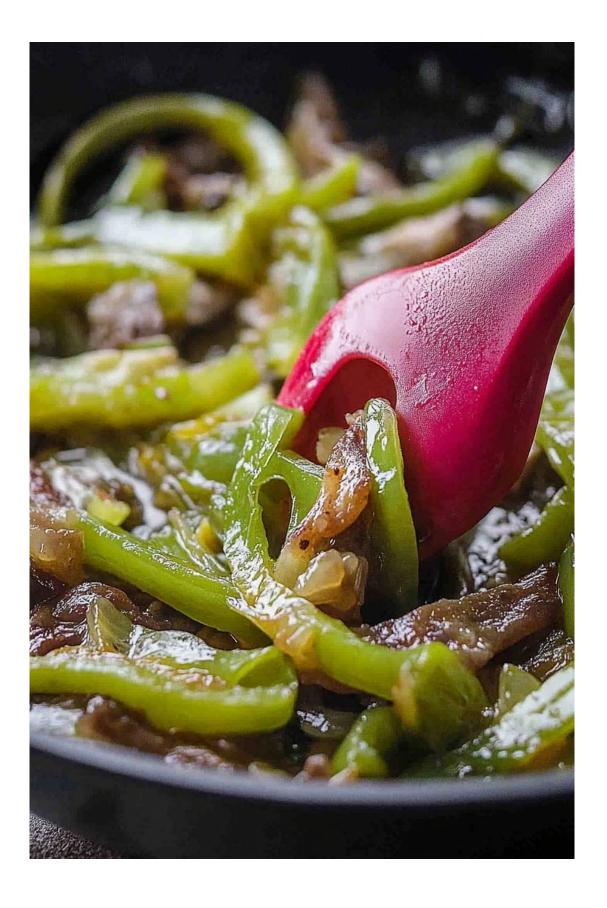
-Elowen Thorn.









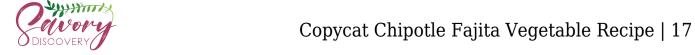




Print Recipe



Author: Elowen Thorn



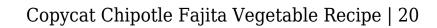
Cooking Method: Stovetop



Courses: Side Dish



 ${\bf Difficulty:} \textbf{Beginner}$

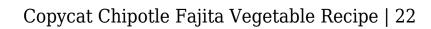




Prep time: 10 minutes

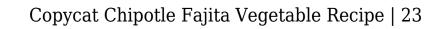


Cook time: 15 minutes





Rest time:





Total time: 25 minutes

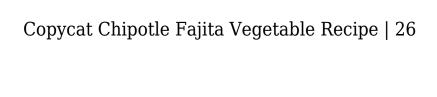


Servings:4 servings





Calories:181 kcal



Best Season:**Summer**

Description

Fajita Veggies {Chipotle Copycat}



Ingredients

- $\Box 1/4$ cup (53 g) olive oil
- □2 large green bell peppers, seeded, sliced
- □1 large red onion, thinly sliced
- $\Box 1/2$ teaspoon kosher salt
- □1/4 teaspoon dried oregano

Instructions

- 1. In a large skillet over medium-high heat, add oil.
- 2. Once the oil is hot, add the green peppers and onion.
- 3. Season the vegetables with salt and oregano.
- 4. Cook, stirring occasionally until softened slightly (12-15 minutes).
- 5. Remove from heat and serve with more fajita fixings.

Notes

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