

BEYOND HUNGER

STEWED OKRA WITH TOMATOES

Stewed okra with tomatoes is an easy and affordable dish! It is loaded with fiber and antioxidants that prevents cancer such as lycopene. This dish can be served over rice, served as a side dish, or scooped with flatbread.

Yield: 3 servings

Ingredients:

- 2 tbsp of **corn oil** or other vegetable oil
- 1 small **white onion**, diced
- 2 **garlic cloves**, minced
- 3 cups of frozen **okra**, thawed and sliced
- 1 can (14.5 ounce) of **diced tomatoes** (low sodium preferred)
- ½ tsp **salt**
- ¼ tsp **black pepper**

Instructions:

1. In a heavy-bottomed sauté pan warm oil over medium-high heat. Add onion and sauté about 2-3 minutes, until onion is translucent. Add garlic and sauté 1 minute more.
2. Add the okra and tomatoes with their juices.
3. Season with salt and pepper and simmer for 15 minutes.
4. Served warm. Enjoy!

Per Serving: Calories 170, Carbohydrates 19g, Protein 4g, Saturated Fat 1 g, Sodium 630 mg, Fiber 6g, Sugars 6g
This recipe was adapted from <https://www.foodnetwork.com/>.