

Southern Okra Bean Stew

This is a very hearty stew that can be a complete meal on a cool day. For example, okra, these vegetables are filled with vitamins, minerals, and fiber that help with digestion and keep us full longer.

Makes: 14 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Source: foodhero.org recipes, southern okra bean stew



Small Changes,
BIG Difference!

Ingredients

- 4 cups of water
- 1 can (14.5 ounces) diced tomatoes with liquid
- 1 onion, chopped
- 3 cloves garlic, minced or 3/4 teaspoons of garlic powder
- 1 teaspoon Italian Seasoning
- 1 teaspoon chili powder
- 1 teaspoon hot sauce
- 1 cup quick brown rice, uncooked
- 1 can (14.5 ounces) kidney beans, rinsed and drained
- 3 cans (8 ounces each) tomato sauce
- 1 package (16 ounces) frozen, sliced okra
- salt and pepper to taste

Directions

1. In a large pot, combine the water, diced tomatoes, onion, garlic, and seasonings.
2. Bring to a boil and reduce heat; simmer uncovered for 5 minutes.
3. Add rice, beans, tomato sauce, and okra. Simmer uncovered 8-10 minutes or until vegetables are tender.
4. Add liquid as needed for desired consistency.
5. Refrigerate leftovers within 2 hours.



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	110
Total Fat:	0.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	510 mg
Total Carbohydrates:	22g
Dietary Fiber:	4g
Total Sugars:	5g
Added Sugars:	0g
Protein	4g

Utensils Needed

- Large pot
- Sharp knife and cutting board
- Measuring cups and spoons
- Stirring spoon
- Serving bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$12.32

Average cost/serving: \$0.88

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Medium Onion



Add 1 to Cart
Can Diced Tomatoes
(14.5 oz)



Add 1 to Cart
Garlic (bulb)



Add 1 to Cart
Can Kidney Beans
(14.5 oz)



Add 1 to Cart
Fresh or Frozen Okra
(16 oz)



Add 3 to Cart
Can Tomato Sauce
(8 oz)



Add 1 to Cart
Quick Brown Rice
(14 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Okra

- Choose bright green okra that is firm. Avoid okra that is moldy, limp, or dried out.
- Keep okra in a plastic bag in the refrigerator for 2-3 days. Before cooking okra, wash with cold water.
- To prevent okra from becoming slimy, you can add vinegar or other acidic ingredients (like tomatoes) while cooking.
- Okra can be used as a substitute for zucchini in dishes.
- Okra tastes great in curries, sautés, and soups.