Spicy Stewed Okra

This recipe highlights two summer stars tomatoes and okra - in a simple stew.

Makes: 4 servings Prep Time: 5 min Cook Time: 15 min

Source: Modified from a recipe by Jessica B. Harris, Eating Well Magazine

Ingredients

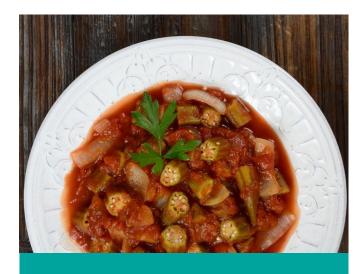
- · 1 pound fresh okra, trimmed
- 2 medium ripe tomatoes, chopped, or 1 can tomatoes (28 oz), drained and chopped
- 1 habanero or 2 jalapeño peppers, pierced with fork
- 1/4 teaspoon salt
- · Black pepper to taste

Directions

- 1. Place okra, tomatoes, and chile(s) in a heavy saucepan. Bring to a boil.
- 2. Cover and cook over medium heat until the okra is tender, 8 to 13 minutes. Season with salt and pepper.

Utensils Needed

- · Sharp knife
- · Cutting board
- · Medium saucepan/ lid



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 3/4 cup

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Nutrients	Amount
Calories:	51
Total Fat:	<u>0.4 g</u>
Saturated Fat:	<u>0.1 g</u>
Cholesterol:	<u>0 mg</u>
Sodium:	157 mg
Total Carbohydrates:	<u>11 g</u>
Dietary Fiber:	<u>5 g</u>
Total Sugars:	<u>4 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>3 g</u>



SHOPPING LIST

SAVE TIME. SAVE MONEY

Average total cost without oil and seasonings: \$5.49

Average cost/serving: \$1.37

Recipe makes: 4 Servings

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 Fresh Okra (1 lb)



Add 2 to Cart Medium Tomato



Add 2 to Cart

Jalapeño pepper (or
1 habenero pepper)

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Okra

- When choosing okra, look for brightly colored pods.
 Avoid dull, bruised, or soft pods.
- To store, loosely wrap fresh okra in a perforated plastic bag and place in the crisper drawer of the refrigerator.
- Store okra in the refrigerator for 2-3 days.
- For longer storage, okra can be frozen. Trim the ends and blanch for 3-4 minutes. Cool pods in ice water and then freeze in a freezer bag.

Preparation Tips

- · Okra can be stewed, sauteed, or stir-fried.
- Before cooking whole okra, trim the tips and stem ends.

