

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

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

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.