



Stewed Tomatoes and Okra



Ingredients

- 4-6 ripe or frozen plum tomatoes
- 1 pint fresh okra
- 1-2 white onion, peeled and quartered
- olive oil
- approx. 2-3 tablespoons salt & pepper to taste

Tip:
Adding a teaspoon or two of white vinegar while boiling, flavors okra and also helps to reduce the slimy feel.

A fried egg pairs well with this dish.

Directions

1. Boil okra (stem on if you wish to contain the slimy texture inside) for 5-7 minutes.
2. If using frozen tomatoes, run under warm water to easily remove and discard skin. Set tomatoes aside.
3. In a heavy bottom pan, add olive oil and add onion. Cook on medium heat until onions soften/become translucent (approx 5-7 min).
4. Add tomatoes to pan. They will slowly cook down, use a fork to pull apart once melted down. Strain okra from boiling water and add them to the pan. Add salt and pepper to your liking, toss well.
5. Turn heat down and allow tomato sauce to reduce and okra to slow simmer and caramelize a bit (approx 15 min – lid on).
6. Serve alone or top with a fried egg and/or crumbled feta cheese!