



Stewed Okra and Tomatoes

Servings 4 | Prep time 5 mins. | Total time 15 mins.

Equipment: Large Frying Pan, Measuring Cups and Spoons

Utensils: Mixing Spoon

Ingredients

2 teaspoons olive or vegetable oil
1 small onion, chopped
1 16 ounce package frozen okra
1 14.5 ounce can no salt added diced tomatoes
1 ½ teaspoons CYP Salt-Free All-Purpose Seasoning (*2 tablespoons onion powder, 2 tablespoons garlic powder, 1 tablespoon paprika, 1 1/2 teaspoons thyme, 1/4 teaspoon black pepper*)
1 teaspoon hot sauce
¼ teaspoon black pepper
2 cups cooked brown rice

Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, produce, and utensils.
2. Heat oil in a large frying pan over medium-high heat.
3. Sauté onion until tender, about 3 minutes.
4. Add frozen okra, diced tomatoes, Salt-Free All-Purpose Seasoning, hot sauce, and black pepper to frying pan. Cook, stirring frequently, until okra is slightly tender, but not mushy, about 5 minutes.
5. Serve 1 cup of sautéed okra over ½ cup of brown rice.

Nutritional Information:

Calories 250
Total Fat 9g
Sodium 350mg
Total Carbs 39g
Protein 6g