



# Stewed Okra and Tomatoes

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

## Equipment:

Large frying pan

## Utensils:

Mixing spoon

Measuring cups and spoons

## Ingredients

2 teaspoons olive oil OR vegetable oil  
1 small onion, chopped  
1 16 ounce package frozen okra  
1 14.5 ounce can no salt added diced tomatoes  
1 1/2 teaspoons Celebrate Your Plate Salt-Free All-Purpose Seasoning  
1 teaspoon hot sauce  
1/4 teaspoon black pepper  
2 cups brown rice, cooked

## Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, utensils, and produce.
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 1/2 cup of brown rice.

## Nutritional Information:

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