

Stewed Okra with Tomatoes

Oscar · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

6

Description

Stewed okra and tomatoes makes a great side dish Two types of canned tomatoes give the dish texture while garlic and cayenne pepper make each bite explode with flavor Serve over rice

Ingredients

- - 1 tablespoon olive oil - 1 small onion
- minced - 3 cloves garlic
- minced - 1 teaspoon cayenne pepper - ½ medium green bell pepper
- minced - 1 pound frozen sliced okra - 1 (15 ounce) can stewed tomatoes - 1 (8 ounce) can canned diced tomatoes - salt and ground black pepper to taste

Instructions

1. Swirl olive oil in a skillet to cover the bottom; place over medium heat. Add onion
2. garlic
3. and cayenne pepper; cook and stir until fragrant
4. about 1 minute. Add green pepper and cook until tender
5. about 5 minutes. Stir in frozen okra and cook for 5 minutes. Stir in both stewed and diced tomatoes
6. then season with salt and pepper. Reduce the heat to medium-low and simmer until all vegetables are heated through and tender
7. 5 to 7 minutes.