

Okra & Tomatoes

Serves 8
Serving Size: 1 cup

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1/3 cup chopped celery
- 1 (14.5-ounce) can diced tomatoes
- 1 (14.5-ounce) can stewed tomatoes
- 1/2 cup water
- 4 cups sliced okra
- 3/4 teaspoon seasoned salt
- 1 teaspoon hot sauce
- 1/2 teaspoon garlic salt
- 1/2 teaspoon black pepper

Nutrition Facts

Servings: 8

Amount per serving

Calories **67**

% Daily Value*

Total Fat 3.6g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 268mg **12%**

Total Carbohydrate 7.6g **3%**

Dietary Fiber 2.6g **9%**

Total Sugars 2.7g

Protein 1.6g

Instructions:

1. In a large pot, heat oil. Add onions and celery, cook until soft, about 7-8 minutes.
2. Add tomatoes, water, okra, and seasonings.
3. Cook 20-25 minutes, maintaining a simmer and stirring occasionally.
4. Serve warm