

Stewed Okra with Tomatoes & Cilantro



- 1 tablespoon olive oil
- ½ small onion, chopped
- 1 clove garlic, minced
- 8 ounces tomatoes, peeled and chopped
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground cloves
- 6 tablespoons chopped fresh cilantro
- 1/2 teaspoon salt
- 1/4 teaspoon pepper to taste
- 1-1/4 pounds okra

1. Sauté onion and garlic in oil over medium heat until translucent.
2. Add tomatoes, cinnamon, cumin, cloves and half the cilantro. Season with salt and pepper. Bring to a boil.
3. Add okra and cook, stirring constantly for 1 to 2 minutes. Reduce heat to low, simmer, stirring occasionally, for 20 to 30 minutes, until okra is tender.
4. Taste for spicing and seasoning, adjust if necessary. Stir in remaining cilantro. Serve hot, warm or cold.

Serves 6.

Nutrition Facts		
Serving Size: 1/6 of recipe		
Servings per recipe: 6		
Amount Per Serving		
Calories 68	Calories from fat 18	
	% Daily Value	
Total Fat 2g	4%	
Saturated Fat trace	2%	
Cholesterol 0mg	0%	
Sodium 189mg	8%	
Carbohydrate 10g	3%	
Dietary Fiber 2g	15%	
Protein 2g	5%	
Vitamin A: 18%	Vitamin C: 48%	Folacin: 23%
Calcium: 8%	Iron: 6%	Potassium: 11%

Modified from original source: Farrow, Joanna. (2003) The Cook's Encyclopedia of Four Ingredient Cooking, Barnes & Noble Books, NY, NY with Anness Publishing Limited 2003, Hermes House 88-89 Blackfriars Road, London, SE 8 HA, p. 131.

Barbara Brown, Food Specialist
Oklahoma Cooperative Extension Service