

# Smothered Okra

6 servings

*You can take the this recipe and turn it into Stir Fried Okra by increasing the heat and continuing to stir. Cook leaving the okra slightly crunchy.*

2 Tbsp. canola oil

2 fresh tomatoes, peeled and chopped

1 onion, chopped

okra

salt, black and red pepper, to taste

1)Clean and slice okra. Place oil in a pot and heat over medium heat.

2)Add okra, onions, tomatoes and seasonings.

3)Cook stirring occasionally until tender and no longer slimy.