

AMEN Gardens

Okra and Tomatoes Recipe

Ingredients:

2 cup Okra sliced	1 Onion chopped (optional)
2 can diced Tomatoes (14.5oz cans)	3 TBSP Olive oil or margarine
1 can Tomato Sauce (8oz can)	1 TBSP Sugar
1 Bell Pepper chopped (optional)	1 TBSP Vinegar
	Salt and Pepper to taste

Directions:



Sauté on low heat the Bell Pepper, and Onion in Olive Oil in a medium sauce pan until tender. Add Okra and sauté until tender. Add diced Tomatoes with liquid from can and simmer 10 minutes. Add Tomato Sauce, Sugar, Salt, Pepper, and Vinegar. Finish cooking until all ingredients are heated through.

Tip: Can be frozen and reheated later.