



Okra, Creole - Vegetarian

Prep Time : 10 mins **Cook Time** : 30 mins **Servings** : Servings: 4 **Source** : Allrecipes.com

INGREDIENTS

2 tablespoons olive oil
½ large onion, chopped
2 cloves garlic, minced
½ green bell pepper, chopped
1 (16 ounce) can diced tomatoes in juice
¾ teaspoon dried thyme
2 tablespoons chopped fresh parsley
¼ teaspoon cayenne pepper
1 pinch salt and pepper to taste
1 lb (16oz) okra cut in slices, fresh or frozen

DIRECTIONS

Instructions Checklist

Heat the olive oil in a large skillet over medium heat. Sautee the onion and garlic until limp. Add the green pepper; cook and stir until tender. Drain the tomatoes, reserving juice, and pour them into the skillet. Season with thyme, parsley, cayenne, salt, and pepper. Simmer for 5 minutes over medium heat.

Add the okra, and pour in enough of the reserved juice from the tomatoes to cover the bottom of the pan. Cover, and cook for 15 minutes, or until okra is tender.

NUTRITION

132.6 calories; 4 g protein; 14.2 g carbohydrates; 0 mg cholesterol; 184.5 mg sodium. Full Nutrition