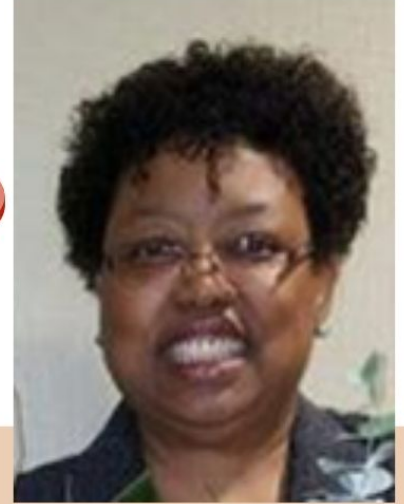


# BESSIE'S OKRA AND TOMATOES



## Ingredients:

- 16 oz. Frozen Okra
- 3-4 Fresh Tomatoes
- 3 garlic cloves (pressed)
- 3 tbsp. Butter or Extra Virgin Olive Oil
- Crushed Red Pepper Flakes
- Salt & Pepper or Morton Nature's Seasons (**w/ 25% Less Sodium**)
- Lemon Juice (*optional*)

## Directions:

1. Dice onions, tomatoes, and press garlic
2. Add butter or olive oil to a sauté pan with a lid over medium-low heat
3. Add onions
4. Add okra
5. Add tomatoes
6. Sprinkle a little Nature's Seasons over okra and tomatoes
7. Add garlic to taste
8. Sprinkle red pepper flakes to taste
9. Cover pan and allow to simmer over medium-low heat until the okra has become tender (there should be some liquid)
10. After 20 minutes, if the okra is more slimy than you like, add another tomato and/or lemon juice until you get the right texture!

**Chef's  
Tips!**

- This recipe is easy to double or triple the okra!
  - If you add more okra, then also add more tomatoes so it's balanced in red & green.
  - Don't forget to add more onions, etc.
- In my experience, pressed garlic seems to add more flavor than dicing
- Add more onions or garlic to your taste!