



# Sautéed Okra with Onions and Tomatoes

Share this hearty vegetarian meal at your next potluck.



## INGREDIENTS

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|---|---|
| 2 teaspoons vegetable oil   | 1 teaspoon Soulful Seasoning<br>(see recipe on page 34) |
| 1 small onion, chopped  | ½ teaspoon hot sauce                                    |
| 1 pound okra, ends trimmed,<br>rinsed, and cut into ½-inch<br>thick slices or 1 (16-ounce)<br>package frozen okra | ¼ teaspoon ground black<br>pepper                       |
| 1 (14½-ounce) can diced<br>tomatoes   | 2 cups cooked brown rice                                |

## PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes.
3. Add remaining ingredients and cook, stirring frequently, until okra is slightly tender, but not mushy, about 5 minutes.
4. Serve 1 cup of sautéed okra over ½ cup of brown rice.



**Makes 4 servings.** *1½ cups per serving.*  
**Prep time:** 10 minutes **Cook time:** 10 minutes

*Nutrition information per serving:* Calories 182, Carbohydrate 34 g,  
Dietary Fiber 7 g, Protein 6 g, Total Fat 4 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 144 mg