

Okra In A Fresh Tomato Sauce

So easy to make and so delicious for those who like okra. Somehow fresh tomatoes and okra go well together..

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

| | |
|----------------------------------|----------------------------|
| Okra, cooked from fresh | 6 cup |
| Cider vinegar | 1 cup |
| Tomato, cooked from fresh | 2 large |
| Olive oil | 1 tablespoon |
| Onion, white, yellow or red, raw | 1 medium - 2 1/2" diameter |
| Water | 1.5 cup |
| Oregano, ground | 1 teaspoon |
| Basil, ground | 1 teaspoon |
| Cayenne | 0.25 teaspoon |
| Salt, sea salt | 1 dash |

Instructions

1. Wash okra (6 cups is an estimate, use enough to serve your purpose). Trim tops to eliminate darkened areas. Place in a large bowl and add about one cup of vinegar. White vinegar, cider vinegar or red wine vinegar will do. Use enough vinegar to cover at least half of the okra in the bowl. Let sit for about one hour and toss often so that all okra spend some time immersed in the vinegar. This will help decrease some of the mucous inside the okra - but the tops will need to be trimmed and immersed in the vinegar.
2. Rinse okra well with water and let sit in a colander while getting the sauce ready.
3. Dice onion and sauté in a large pot in some olive oil or water. Dice tomatoes or puree in blender. When onion is soft add the tomatoes. Add spices. Bring to boil then reduce heat and simmer for about 5 minutes.
4. Add okra to pot. Add enough water to barely cover the okra. Cover with lid but leave a small slit for steam to escape. Simmer for about 20 minute or until soft.
5. Serve with warm bread.