



Eat in Peace Wellness Consulting

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SOUTHERN OKRA & TOMATOES

½ pound bacon, diced (nitrate-free, Niman Ranch is a good brand)

1 onion, diced

1-2 cloves garlic, diced

1 pound okra, sliced into ½ inch pieces

2-3 tomatoes, diced

Sea salt, if needed

Black and red pepper

Cook bacon in a medium-sized pot over medium heat. When bacon is cooked, add onion and garlic; sauté until translucent. Add okra and cook until slimy, stirring often (do not leave unattended, the okra will stick to the bottom of the pan very quickly). After the okra becomes slimy, add tomatoes. Continue to cook on low without a lid until the okra has reached desired texture, stirring often. If the okra appears dry, then add more tomatoes, fresh or canned. Add seasonings when okra is finished cooking. This dish reheats well, but you may need to add a little water.