

GET HEALTHY

ON THE RAILROAD



JONES VALLEY TEACHING FARM

Stewed Okra and Tomatoes with Hot Peppers

SERVES
6 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

- 2 tbsp olive oil
- 1 medium onion,
 chopped
- 2 cups fresh
 tomatoes, diced
- 1 (14.5oz) can
 stewed tomatoes
- ½ cup vegetable
 broth
- 4 cups fresh okra,
 sliced
- 1 hot pepper, diced
- ¾ tsp seasoned salt
- ½ tsp garlic salt
- ½ tsp black pepper

Directions

- 1 Heat olive oil in a large skillet. Once hot, add onion and cook until soft (about 5-7 minutes).
- 2 Add tomatoes, broth, okra, and seasonings. Cook for 20-25 minutes, maintaining a slight simmer and stirring occasionally.