Okra with Tomato

Makes: 50 Servings

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Ingredients	Weight	Measure
Vegetable oil	4 oz	
Onions, finely chopped	4 oz	
Garlic, finely chopped		1 Tbsp
Okra, washed, trimmed, sliced (fresh or frozen)	9 lb	
Stewed tomatoes	3 1/2 lb	
Salt		1 tsp
Black pepper		1/2 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	54	
Total Fat	2.4 g	
Protein	1.9 g	
Carbohydrates	7.7 g	
Dietary Fiber	2.65 g	
Saturated Fat	0.2 g	
Sodium	125 mg	

Directions

1. Heat oil in pan. Add onions and garlic and saute until translucent.

2. Add okra and tomatoes and saute until tender.

3. Season with salt and pepper. Simmer mixture for 15 to 20 minutes longer.