

Lebanese Okra and Tomato Stew

Cuisine: N/A

Recipe Type: International

Cooking Time:

Serving: 10 Peoples

Ingredients:

- ¼ Cup Vegetable Oil, 55 mL
- Okra, 1.5 kg
- ¼ Cup Virgin Olive Oil, 55 mg
- 2 Medium Onion, 200 g
- 10 Cloves Garlic, 50 g
- [Buitoni® Tomato Coulis](#), 1500 g
- 1 Cup, chopped roughly Coriander, 1 bunch
- Boiling Water, 1 L
- Salt and ground black pepper to taste Sea Salt, 2 g

Nutritional Information:

- Energy (kcal) *85 kcal*
- Protein (g) *5 g*
- Fats, total (g) *5 g*
- Carbohydrate, total (g) *26 g*
- Sugars, total (g) *10 g*
- Fats, saturated (g) *0 g*
- Fiber, total dietary (g) *7 g*
- Sodium (mg) *95 mg*
- Calcium (mg) *138 mg*
- Cholesterol (mg) *0 mg*
- Iron (mg) *1 mg*
- Vitamin A, IU *563 IU*
- Vitamin C (mg) *35 mg*
- Vitamin D (µg) *0 IU*

Procedure:

1 In a large pan heat the vegetable oil and fry the okra on medium high heat until it turns crisp and bright green.

2 Transfer the okra to a plate and discard the oil. Wipe the pan out with a paper towel.

3 Add the olive oil to the pan, and return to the heat. Add the onion and garlic, and sauté until translucent and fragrant.

4 Stir in the Buitoni Tomato Couli, coriander leaves and 2 cups of the water bring the pan to the boil

5 Return the okra to the pan and reduce to simmer, cook the okra for about 30 minutes until tender.

Add the remaining water as needed if the sauce becomes too thick

6 Season and serve warm or room temperature.