

Okra Soup

Yield: 7 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-okra-recipe>

Ingredients:

- 2 tablespoons canola oil
- 3 strips bacon finely chopped
- 1/2 teaspoon dried thyme
- 6 cloves garlic finely chopped
- 1 small yellow onion finely chopped
- 1 rib celery finely chopped
- 1 bay leaf
- kosher salt
- freshly ground black pepper
- 2 tablespoons tomato paste
- 1 pound okra trimmed and cut into 1" slices
- 6 cups chicken stock
- 28 ounces peeled tomatoes whole, crushed by hand

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 560 milligrams
9. Sugar: 9 grams

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