

Cajun Mexican Okra & Corn

Yield: 4 min
Total Time: 32 min

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

Ingredients:

- 12 ounces okra Fresh, diced
- 2 cans corn
- 29 ounces tomatoes Whole
- 1/4 whole onion diced
- 1 tablespoon Cajun seasoning "Slap Ya Mama"
- 3 tablespoons pepper sauce Zach Brunnell
- 1 tablespoon olive oil

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 44 grams
3. Fat: 5 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 320 milligrams
8. Sugar: 12 grams

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