

# Stewed Okra and Tomatoes

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-okra-and-tomatoes-recipe>

## Ingredients:

- 4 slices bacon
- 1 medium onion chopped
- 1/3 cup chopped celery
- 14 1/2 ounces diced tomatoes
- 14 1/2 ounces stewed tomatoes
- 1/2 cup water or chicken broth
- 4 cups okra sliced
- 3/4 teaspoon seasoned salt
- 1 teaspoon Tabasco Sauce
- 1/2 teaspoon garlic salt
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 490 milligrams
9. Sugar: 10 grams

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