

Spicy Okra Stew

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 3 tomatoes large ripe
- 1 pound okra fresh
- 2 tablespoons canola oil
- 1 yellow onion diced
- sea salt to taste
- 2 garlic cloves minced
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- ground black pepper Pinch of freshly, plus more, to taste
- 1 cup water
- 1/4 bunch fresh flat leaf parsley coarsely chopped

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 15 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 210 milligrams
7. Sugar: 5 grams

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