

Okra in tomato sauce



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For 2-3 servings:

1 kg okra
2 large onions, finely chopped
1/2 kg ripe tomatoes, finely chopped (1 can – 400g- diced tomatoes)
parsley, finely chopped
2 tablespoons oil
salt and pepper, to taste

1/2 cup vinegar
1 l water

Cut the stalks of the okra (not the cap!) and wash. Mix the water with the vinegar and add the okra. Let it rest for 1/2 hour. Rinse with cold water and drain well.

Stir fry the onions in oil for 2-3 minutes. Add the tomatoes and cook for 5 minutes. Add the okra, cover and simmer stirring occasionally. When the okra are done (10-15 minutes) add salt and pepper to taste and garnish with parsley.