

Okra and Tomatoes

Ingredients

2 tablespoons olive oil
1 green bell pepper, diced
1 yellow onion, diced
2 cups diced celery
1 pint fresh okra, ends trimmed and sliced
1 28 ounce can whole tomatoes

Instructions

Heat the oil in a large skillet over medium-high heat. Add the onions, celery and bell pepper and saute for 5 minutes. Add the canned tomatoes and begin to crush with the spatula. Add the sliced okra and stir to combine. Pour any remaining juices from the canned tomatoes, stir and cover with a lid. Cook for 15-20 minutes, until the okra is tender.

Serve with rice and chicken for a healthy meal.