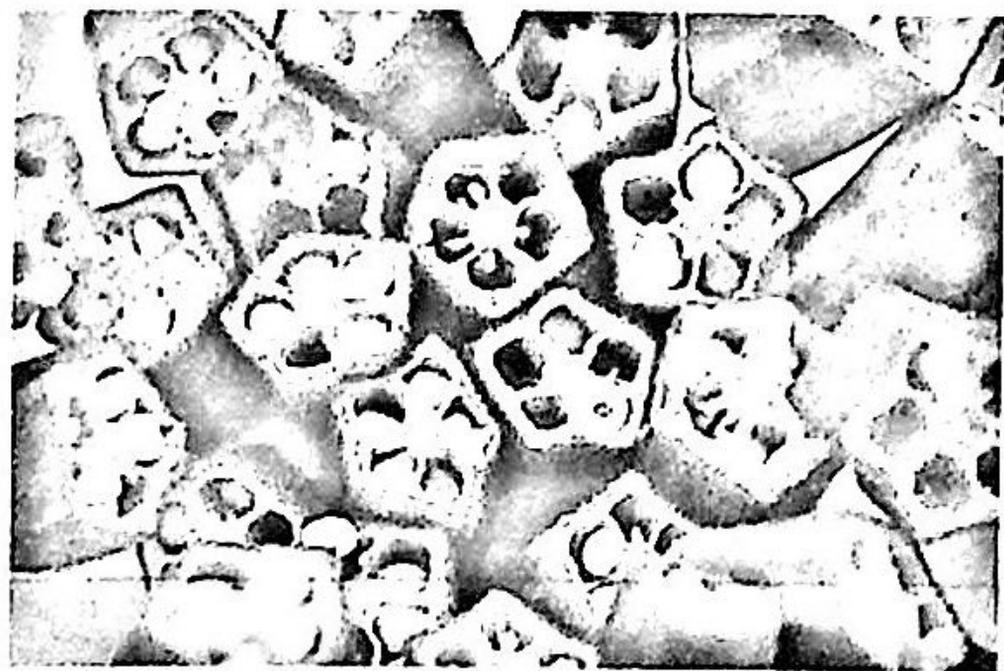


Let's get  
into some

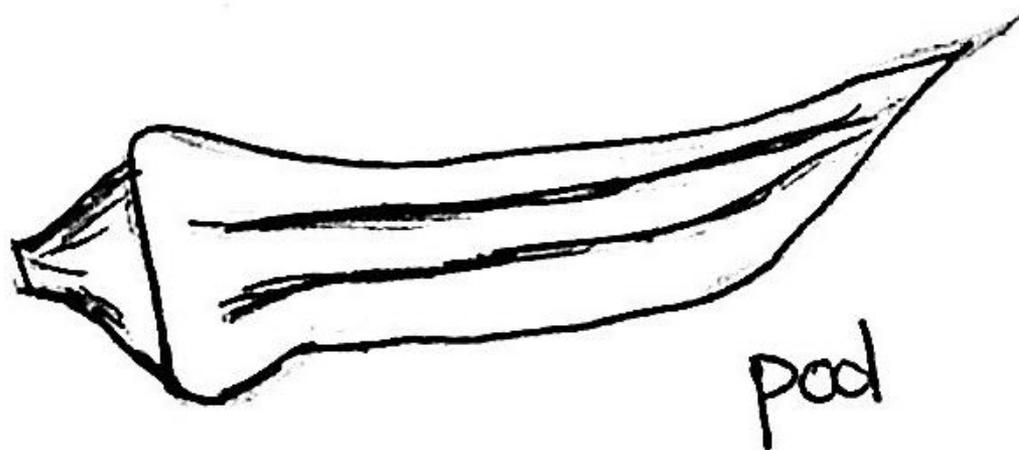
**OKRA**



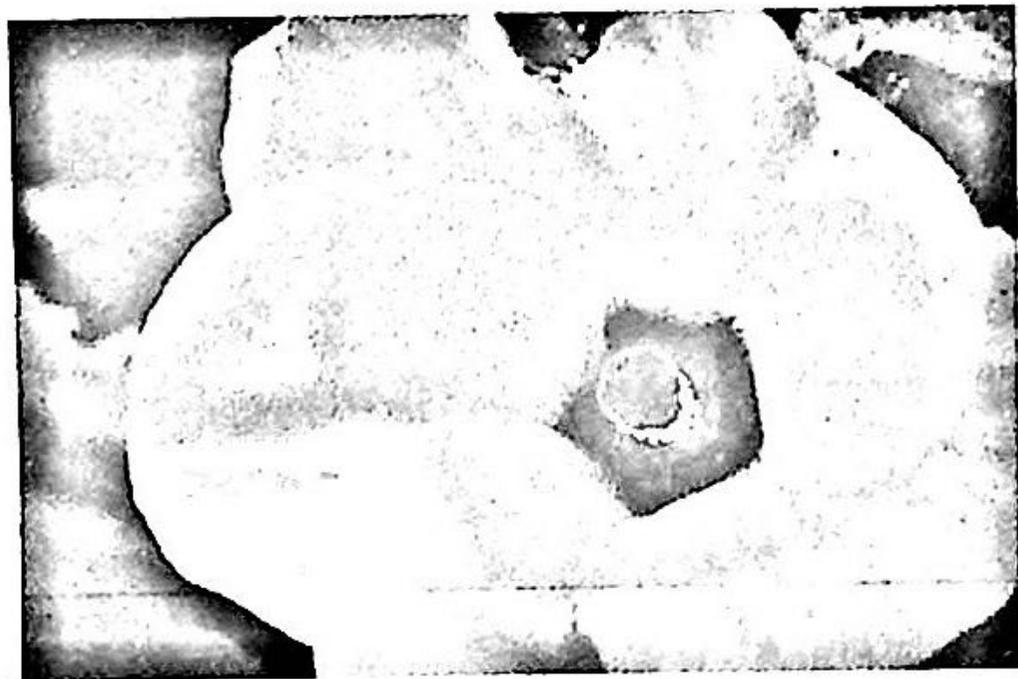


Okra, *Abelmoschus esculentus*, most likely originated in northeast Africa, being cultivated along the banks of the White Nile for thousands of years. The name okra comes from the West African Ashanti word "nkruma."

It was brought to the western hemisphere in the 1660s by enslaved Africans. In the southern United States, okra was a staple among enslaved peoples. Today, is a popular ingredient in many southern cuisines.



Okra has many health benefits! It is high in Vitamins C and K as well as folate and fiber.



Okra grows best in warm, humid weather and requires full sun. It is related to cotton, cocoa, and hibiscus (the leaves it produces look very similar to hibiscus flowers!).

Start okra from seed and harvest pods when they are young and tender, no more than three (3) or four (4) inches long.



## **Roux-less Okra Gumbo** from [satisfyingeats.com](http://satisfyingeats.com)

- 1.5 cups diced tomatoes
- 1 small can Rotel tomatoes (or 1 extra cup diced tomatoes + 1 chopped jalapeno)
- 2 lbs chopped okra (fresh or frozen)
- 2 pounds chicken thighs (skinless, boneless or bone-in)

- 2 lbs smoked sausage cut into 1 inch pieces
- 3 cups chicken stock
- 2 cups seasoning blend (onions, parsley, bell pepper, celery) or 1 medium onion chopped, 1 bell pepper chopped, and 1 stalk celery chopped
- 1 tsp smoked paprika
- Cajun seasoning to taste

 FAST VERSION: 

- 1) Place all ingredients in slower cooker, cook on high 4-6 hrs or low 10 hrs



1. Okra, tomatoes, 1 cup chicken broth in crock pot and stir
2. Cover and cook on low 6-8 hrs
3. 6-8 hrs later: add sausage, chicken thighs and seasoning blend. Stir.
4. Cover, continue to cook on low 6-8 hrs
5. Finish off with chopped scallions, splash of pepper vinegar and/or dash of Cajun seasoning

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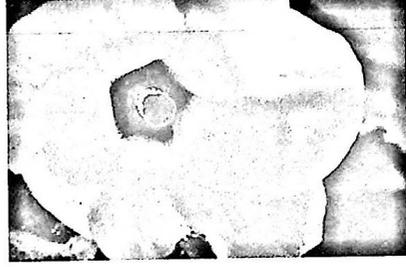


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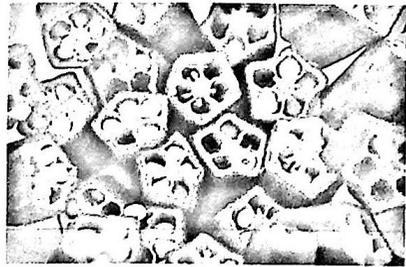
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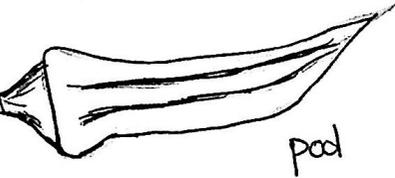


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