

Southern Style Okra

Ingredients:

- 1 1/2 cups sliced okra
- 1/4 cup chopped onion
- 1/2 green bell pepper, chopped
- 2 tablespoons vegetable oil
- 1 can (14.5 ounces) tomatoes with juice, or 1 1/2 cups tomato puree
- 2 teaspoons sugar
- 1 tablespoon flour blended with 1 tablespoon cold water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

Cook okra in boiling salted water 10 minutes. Drain. Brown onion and green pepper in salad oil. Add tomato juice, cook slowly 5 minutes. Add okra and remaining ingredients. Cook over low heat 5 minutes longer.

Serves 4.

This recipe is featured on <http://southernfood.about.com/od/okra/r/bl10814j.htm>