

Easy Okra

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Preparation Time: 15 minutes

Servings: 4

Cooking Time:

Ingredients:

1 pound okra
1 tablespoon lime juice
1 medium onion
3 tablespoons vegetable oil
4-5 cloves garlic, peeled and chopped
1 tablespoon ginger, peeled and chopped finely
salt, to taste
jalapeno, to taste, optional
pepper, to taste

Directions:

1. Cut both ends off each okra, and then cut them in two halves longitudinally. Mix them with lime juice in a bowl. Cut peeled onion into two halves then each half into longitudinal slices.
 2. Put the oil in a sauce pan , add chopped garlic and ginger and fry for 1 minute. Add onion. Fry all these together until onion becomes very light brown (4-5 minutes).
 3. Stir in okra mixture. Sprinkle salt to taste, and add chopped jalapeno (if using).
 4. Cook for 8-10 minutes, but stir after every 1-2 minute until okra is tender. Sprinkle freshly ground pepper on top.
- Serve as side dish or with vegan bread.

Source URL: <http://www.vegweb.com/recipes/easy-okra>