UofL Health Promotion Office Featured Recipe
Use the abundant local veggies from Farmers’ Markets to make a luscious and nutrient-dense meal…quickly!

Stewed Okra and Tomatoes

Ingredients:
1 tbsp olive oil
3/4 cup chopped onion
1 clove garlic (minced)
1 pound fresh okra pods (diced)
1 cup fresh chopped tomatoes
3/4 cup fresh corn cut off the cob
1 cup vegetable broth
salt and pepper (to taste)

Preparation:
• Heat a Dutch oven over medium-high heat and add 1 tbsp olive oil to coat.
• Add in the chopped onion and minced garlic and sauté for about 2 minutes.
• Add in okra, tomatoes, fresh corn and vegetable broth.
• Bring to a boil, cover and reduce heat to simmer for 20 minutes or until vegetables are tender. Stir occasionally.
• Add salt and pepper to taste.

More recipes from UofL Health Promotion Office: 
www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat’s website has more recipes for fresh summer veggies and fruits: 
www.junehealthandwellness.com