

## 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](http://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](http://www.junehealthandwellness.com)