



## RAY'S STEWED OKRA

*"This is a common recipe for soul food and one that is good for you and overall health. My aunt Betty Ann used to make this for us when she was babysitting. I love spicy food and started adding peppers to mine. I like my okra slimy, some people don't like slimy okra... feel bad for them for not liking slimy okra."*

*— Raymond Warthen, Infinite Zion Farms*

### INGREDIENTS:

- 1 lb. Fresh Okra
- 1 Lemon
- 1 tbsp. Olive Oil
- 3 Garlic Cloves
- 1 tsp. Mustard Powder
- 1 tbsp. Smoked Paprika
- 1/2 tbsp. Kosher Salt
- 1/2 tbsp. Black Pepper
- 1/2 tsp. Cayenne
- 1 Scotch Bonnet Pepper
- 1 Bay Leaf
- 1 Medium Yellow Onion
- 3 Medium Tomatoes
- 1/4 Cup Water

### DIRECTIONS:

Slice okra into 1/4-1/2 inch slices

Cut lemon in half and squeeze one half lemon onto okra and let sit for 5-10 minutes

Heat medium saucepan on low heat, and add oil. Once heated, add garlic and half the spices. Allow to simmer for 3-4 minutes.

Increase heat to medium then add onions and sauté 3-4 minutes.

Add sliced okra and cook for 2 minutes, stirring as needed

Add tomatoes and cook over high heat until they release their juices which should take about a minute.

Add the water, cayenne, bay leaf, and remaining spices. Cover and simmer for 20 minutes, stirring as needed.

Stir in juice from other half lemon and serve.