
Okra and Tomatoes II

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 pounds okra (tips and stem ends removed), washed and sliced

2 cups water

1 medium onion, sliced

1 tablespoon vinegar

1 1/2 teaspoons salt

2 tablespoons bacon drippings

1 can (16 ounce) stewed tomatoes

1/2 teaspoon sugar

1/8 teaspoon pepper

In a saucepan, combine the okra, water, onion, vinegar and 1-1/2 teaspoon of salt. Cover and cook over medium high heat for 15 minutes. Drain.

Cook, uncovered, over low heat until all moisture evaporates.

Add the remaining ingredients. Cook over medium heat, turning frequently for 5 minutes.

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 361 Calories; 27g Fat (64.2% calories from fat); 4g Protein; 30g Carbohydrate; 5g Dietary Fiber; 27mg Cholesterol; 3425mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.