

Southern Okra Bean Stew

This recipe is an excellent source of fiber, which may help protect you from some diseases.

Ingredients:

- 4 cups **water**
- 1 can (14.5-ounce) **diced tomatoes** with liquid
- 1 **onion**, chopped
- 3 cloves **garlic**, minced
- 1 teaspoon **Italian Seasoning**
- 1 teaspoon **chili powder**
- 1 teaspoon **hot sauce**
- 1 cup **quick brown rice**, uncooked
- 1 can (14.5-ounce) **kidney beans**, rinsed and drained
- 3 (8-ounce) cans **tomato sauce**
- 1 (16-ounce) package frozen, sliced **okra**
- Salt and pepper** to taste

Directions:

1. In a large pot, combine the water, diced tomatoes, onion, garlic, and seasonings.
2. Bring to a boil and reduce heat; simmer uncovered for 5 minutes.
3. Add rice, beans, tomato sauce, and okra. Simmer uncovered 8-10 minutes or until vegetables are tender.
4. Add liquid as needed for desired consistency.
5. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 Cup (237g)	
Servings Per Container 14	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 5g	
Vitamin A 8%	• Vitamin C 20%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

14 servings, 1 cup each

Bright Ideas:

Substitute 2 cups cooked rice for the uncooked rice and reduce water by 1 cup.

Source: 2006. Tobi Page, OSU Extension Service, Portland.

For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthrecipes.oregonstate.edu>