



## COOKING WITH SAFTA

### CATEGORY

First

### Bamia (Okra) w/Tomato Sauce

#### INGREDIENTS

500 gr, fresh or frozen Bamia  
1 diced onion  
4-5 fresh tomatoes or canned (or tomato paste)  
1/2 lemon  
Paprika, Salt Pepper, Oil  
2-3 tsp. sugar

#### SAFTA's SECRETS



#### PREPARATION

Brown the onion, dice and add the tomatoes, lemon juice, if using tomato paste no need for lemon juice.

Add paprika, salt pepper, 1 cup water. Bring to boil and simmer for 15-20 min.

Adjust seasoning. It may need 1-2 tsp. of sugar, have the sauce ready.

Before adding the Bamia. (to prevent slimy Bamia avoid as possible handling the Bamia). If using fresh Bamia wash and remove the thorny parts.

Quick fry and add to the sauce, if using frozen Bamia just add to the sauce. Cook for 30 min.

**Bon Appetite!**