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Lebanese okra and tomato stew

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Introduction:

A whole range of simple Lebanese vegetarian dishes, referred to as bi zeit in Arabic, are cooked in and primarily flavored by olive oil. This vegetarian dish combines the flavors of okra and tomato with garlic and cilantro. If you have fresh tomatoes from your garden, by all means, use them in place of the canned.

Preparation:

1. In a large skillet, heat the vegetable oil until shimmering. Add the okra and cook over moderate heat, stirring, until bright green and crisp-tender, about 4 minutes. Transfer the okra to a plate with a slotted spoon; discard the oil. 2. Add the olive oil to the skillet and heat until shimmering. Add the onion and cook over moderate heat until softened and golden, about 8 minutes. Add the garlic and cilantro and cook until fragrant, about 1 minute. Add the tomatoes and their juices and bring to a simmer, then cook until slightly thickened, about 3 minutes. 3. Return the okra to the skillet and season with salt and pepper. Cover and simmer over low heat until the okra is tender and the sauce is thickened, about 20 minutes. Serve warm or at room temperature.

Image (optional):

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okra [1]
tomato [2]
Cuisine:
Middle Eastern [3]
Recipe Type:
main dishes [4]
Ingredients:

1/3 cup vegetable oil 1 1/2 pounds fresh or thawed frozen okra, patted dry 2 tablespoons extra-virgin olive oil 1 medium onion, thinly sliced 5 large garlic cloves, minced 1/2 cup coarsely chopped cilantro leaves 2 pounds Italian tomatoes (or One 28-ounce can) Salt and freshly ground pepper

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