



Okra, corn, and Tomatoes

Tue, 10/26/2010 - 05:37 -- david e kelley

Introduction:

Fresh okra, corn, and Tomatoes in a skillet About 4 cups okra, sliced about 1/2" across grain 1 medium onion, sliced with grain 4-7 cloves crushed garlic, or to taste 1-2 cups whole kernel corn; I sliced the kernels from 3 ears of sweet corn that was frozen from early harvest. Fresh is best, but canned or frozen works fine. 1 14 oz. can diced tomatoes. I didn't have fresh and refuse to buy tomatoes this time of year. They have no taste. 3 slices bacon rendered until crisp. I used about 2 T. bacon drippings which I usually have on hand. Sometime I add bell peppers and/or jalapenos for a different flavor. I find that soaking the okra slices in water and lemon juice, about 2 T, helps crisp them up and reduced the slime factor. Cook okra onions garlic and corn in bacon drippings until onions are soft, about 10 minutes, then add tomatoes juice and all. Continue cooking until okra is cooked through, but still crisp. Hope you enjoy this recipe. Stay natural. David

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