

Bamiya (Okra)

This recipe is from Zohrah!

INGREDIENTS

- 1 kg okra
- 1/2 cup oil
- 1 teaspoon salt
- 1 ½ tablespoon tomato paste
- 3 tomatoes
- 2 potatoes (if you like)
- 3 cloves of garlic
- 1/2 cup of water
- 1/2 teaspoon turmeric

DIRECTIONS

First, fry okra in oil for 8 minutes with medium temperature until the okra changes its colors to a little bit brown. Then add the sliced tomatoes, potatoes, and crushed garlic to the pan. Also add enough salt, turmeric and tomato paste and mix them slowly; close the lid for few minutes until the tomatoes are tender. At the end, add water and close the lid for 5 minutes until the water evaporates. You can also add the water with all the ingredient at same time too. The entire cooking time will be around 15 minutes. Enjoy Bamiya with pita bread.

