



## Okra & Pepper Stew

### Ingredients:

2 Cups okra  
3 red bell peppers  
2 large white onions  
½ Cup vegetable broth  
2 teaspoons salt  
freshly ground pepper, to taste  
¼ teaspoon cayenne pepper, optional  
½ teaspoon ground cinnamon  
4 Tablespoons olive oil  
1 pinch sugar

### Instructions:

1. Rinse the okra and trim to remove the stem end.
2. Rinse the peppers, cut in half lengthwise, removing the seeds and white ribs. Cut remaining walls into thin strips.
3. Peel the onions and cut into thin rings.
4. Heat oil in a pan and saute the okra and onions 3-5 minutes on medium heat (until onions are translucent). Add the peppers and saute an additional 3 minutes.
5. Stir in the broth, cover and simmer over low heat, stirring occasionally until the vegetables are tender, 6-8 minutes.
6. Remove from the heat, season with salt, pepper, cayenne, cinnamon and sugar to taste. Mix well, cover and let stand about 10 minutes. Season to taste and serve lukewarm.

*Delicious served over rice or with a side of bread!*