

## **Okra and tomato stew**

### **Ingredients**

¼ cup olive oil  
1 12 oz pkg beef smoked sausage, sliced  
1 white onion, chopped  
1 bag frozen chopped okra  
1/2 bag frozen corn kernels  
2 cloves of garlic, minced  
2 cans stewed tomatoes  
1 tsp of paprika, red pepper flakes, Adobo, black pepper, Sazon, celery salt and thyme  
1-2 cups rice cooked

### **Method**

Heat olive oil in the pan. Cook sausage until browned, about 3-5 minutes and set aside.

Add onions and garlic to the pan and cook for 3 minutes. Add okra and corn, meat and stewed tomatoes to the pot, along with all seasonings.

Add water or broth to cover mixture for boiling. Bring to boil, then cover and turn heat down to a simmer. Simmer for about 10-20 minutes depending on how cooked you like your okra. Taste. Serve with side of rice.