

# Southern Okra Bean Stew



Prep time:  
**10 min**



Cook time:  
**30 min**



Yield:  
**14**  
**Servings**



Serving  
Size:  
**1 Cup**

## Ingredients

4 cups water  
1 can (14.5 ounce) diced tomatoes with liquid  
1 onion, chopped  
3 cloves garlic, minced or 3/4 teaspoons of garlic powder  
1 teaspoon Italian Seasoning  
1 teaspoon chili powder  
1 teaspoon hot sauce  
1 cup quick brown rice, uncooked  
1 can (14.5 ounce) kidney beans, rinsed and drained  
3 cans (8 ounces each) tomato sauce  
1 package (16 ounce) frozen, sliced okra  
salt and pepper to taste

## **Directions**

In a large pot, combine the water, diced tomatoes, onion, garlic, and seasonings.

Bring to a boil and reduce heat; simmer uncovered for 5 minutes.

Add rice, beans, tomato sauce, and okra. Simmer uncovered 8-10 minutes or until vegetables are tender.

Add liquid as needed for desired consistency.

Refrigerate leftovers within 2 hours.

## **Notes**

Substitute 2 cups cooked rice for the quick rice and reduce water by 1 cup.

Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.