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by ewfood

Okra Chicken Stew

Ingredients

olive oil
1lb. chicken thighs
1 onion, diced
1 stalk celery, diced
1 green bell pepper, diced
1lb. okra, cut into 1/2-inch-thick rounds
2 vine-ripened tomatoes, diced
3 tsp. tomato paste
2 quarts chicken stock
2 tsp. dried thyme
0.7oz. flour
salt and pepper to taste
1oz. chopped fresh parsley, for garnish

Servings
6
Person

Preparation

1. Season the chicken well and heat a little oil in a saucepan, brown the chicken, remove from the pan and set aside
2. To the same pan add the onions, celery, bell pepper and sauté on a medium heat, until the onions have softened
3. Stir in the flour and cook for a minute until it begins to brown
4. Add half the okra
5. tomatoes
6. tomato paste
7. thyme and stock
8. Bring to boil before reducing to a simmer
9. Slice the chicken and stir it into the stock, cover and simmer for 30 minutes until thickened
10. Add the remaining okra and simmer uncovered for an additional 30 minutes
11. season and serve garnished with parsley.

Cooks Note

Serves 6