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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
