

**OKRA STEW**

Main dish

 1 hour 1 hour 4 portions**INGREDIENTS**

- 400 grams of beef, cured, thin-sliced beef
- 2 cups of okra, raw (200 g)
- 100 grams of onion, raw
- 2 tablespoons of oil, olive (22 g)
- 6 cloves of garlic, raw (18 g)
- 50 grams of tomato paste, canned
- 1 cup, chopped of tomatoes, orange, raw (158 g)
- 4 measures of lemon juice, fresh (40 g)
- 1 level teaspoon of salt (5 g)
- 1 level teaspoon of pepper, black (2 g)

COOKING METHOD

- 1° 1. In a medium casserole heat the oil and lightly brown the onion, small beef lean cubes and garlic. After add the tomato paste, chopped tomatoes, okra, lemon juice, water and season. 2. Lower the heat and cook till meat is soft.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (249 g)	% DRI
ENERGY	111 kcal	276 kcal	14 %
FAT	4 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	16 mg	41 mg	14 %
SODIUM	790 mg	1965 mg	82 %
CARBOHYDRATE	7 g	17 g	6 %
SUGARS	1 g	4 g	-
FIBER	1 g	3 g	12 %
PROTEIN	12 g	31 g	-