

Okra and Tomatoes with Shrimp

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4 - 5

CChints: This is an old traditional recipe that has been around for years. Okra can be purchased frozen and cut into bite-size pieces or you can use fresh okra which will take a little more prep work...see instructions below.

Chicken base is made from chicken meat with natural Juices and it can be found on the soup aisle of your market. It has a concentrated flavor that really adds to this recipe. The Chicken Base is salty so there is no need for additional salt. You can buy the shrimp fresh or frozen. If you buy it fresh you need to use it the same day. If you have it frozen just put them in a bowl of cold water and they will thaw out in less than 30 minutes.



- 3 slices of your favorite bacon
- 1 small or half of a medium yellow onion, diced
- 1/4 cup diced green bell pepper
- 2 cloves minced garlic, fresh or from a jar
- 15 ounce can diced tomatoes, slightly drained
- 15 ounce can Basil, oregano (Italian seasoned) diced tomatoes, not drained
- 2 teaspoons sugar or sugar substitute
- 1 tablespoon chicken base
- 3 cups chopped okra, bite-size pieces
- 4 services cooked white or brown rice or spaghetti
- 1 pound shrimp, peeled and deveined

Frozen Okra – Pour into a microwaveable bowl and defrost to get them thawed out and to room temperature. Drain off any excess liquid and set the okra aside.

Fresh Okra – Rinse, remove the fuzz and clip the stems. Cut into bite-size pieces and set aside until needed. This can take 15-20 minutes.

Cook the bacon in a large skillet or dutch oven until it is about almost done. Transfer the bacon to paper towels to drain and cool. Pour half of the bacon grease into a heat resistant container, like a coffee cup or glass bowl, and set aside. Add the onions and peppers to the pan and sauté for 3-5 minutes until they are tender. Stir in the garlic through chicken base and blend well. Crumble the bacon and add it and the tomatoes and okra to the pan, stir and cover. Leave the temperature on medium and bring it to a simmer. Reduce the heat to low and allow it to simmer for 25 minutes. Add the shrimp to the pan and stir to get them mixed in well. Cook for 3-4 minutes until they are opaque and start to curl up.

During this time you can prepare your rice or spaghetti and do a little clean up. Try to time the cooking of the rice and/or spaghetti so it is done at the same time as your okra and tomatoes.

Put a serving a rice and/or spaghetti into the bottom of each person's dinner bowl or plate. Top with the okra and tomatoes and be sure everyone gets plenty of shrimp.