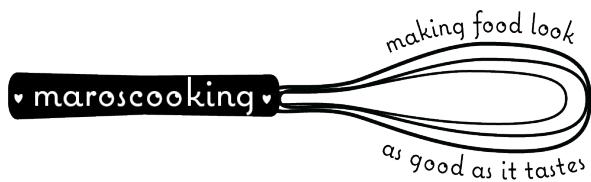


# Bamies Ladera (Greek-Style Okra)

## Ingredients:

- ➲ 6 c fresh okra
- ➲ 1 large onion, small ¼" dice
- ➲ 4 cloves chopped garlic
- ➲ 1 Tbsp tomato paste
- ➲ 1-15 oz. can diced tomatoes
- ➲ 2 Tbsp olive oil
- ➲ 1 bunch parsley, roughly chopped
- ➲ Crumbled feta and fresh parsley for garnish



## Directions:

1. In a medium skillet, heat olive oil and add onions. Sauté for 5-10 minutes until tender and translucent.
2. Add tomato paste and garlic, stir to incorporate, then add okra, diced tomatoes and bring to a boil.
3. Once boiling, add parsley, cover and reduce to a simmer for about an hour adding a little water if necessary.
4. The okra should be falling apart and quite tender.
5. Serve warm or at room temperature garnishing with the feta and parsley.