



Palm Oil Free Okra Soup

INGREDIENTS:

500g Okra

1 Onion, finely sliced

1 cup of Spinach, sliced

3 Garden Eggs

Optional: Mushrooms, Seasonings

PREPARATION:

Take 2/3 of your okra and blend in a mixer with a little water. Pour into a pan on medium heat, cover and allow to boil for 10 mins.

The remaining okra cut into thin slices and set aside. In the meantime, cut the Garden Eggs in halves (if you are using other vegetables this is the time to prepare them as well) and set aside.

With a wooden spoon, stir the okra in the pot carefully, add your salt and remaining vegetables, seasonings except of the spinach and allow to boil for another 10mins.

When your vegetables have softened up, you now add the spinach and let it simmer down for 5mins. Carefully stir again and your Okra soup is done!

Extremely healthy, simple, and slimy - can be eaten with Pounded Maize Meal, Banku or Pounded Yam!

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Culinary Recipes

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