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# Okra and Tomatoes

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**3/4 cup chopped onion**  
**1/2 cup chopped green pepper**  
**3 tablespoons bacon drippings**  
**2 cans (16 ounce ea) tomatoes or 6 to 8 peeled fresh tomatoes**  
**1 tablespoon Worcestershire sauce**  
**1 tablespoon brown sugar**  
**salt**  
**pepper**  
**2 teaspoons seasoning salt**  
**1 teaspoon ground cumin**  
**1 pound okra, sliced**

In a skillet, saute' the onion and green pepper in bacon drippings until transparent. Add the tomatoes and seasonings. Simmer for 45 minutes.

Add the okra and cook for 15 minutes or until the okra is tender but not limp.

Yield: 8 to 10 servings

## Side Dishes

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*Per Serving (excluding unknown items): 647 Calories; 41g Fat (55.3% calories from fat); 12g Protein; 62g Carbohydrate; 18g Dietary Fiber; 40mg Cholesterol; 410mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 8 Fat; 1 Other Carbohydrates.*