
Okra Gumbo

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

1 pound bacon, cut in one-inch lengths.

1 large onion, chopped

1 package (10 ounce) frozen okra

1 can (16 ounce) tomatoes

desired amounts of optional additions (corn, cooked and cubed chicken, chopped celery, parsley, shrimp, oysters, diced potatoes)

cooked rice

Cut one pound of bacon in one-inch lengths.; Saute' in a skillet. Pour off any excess grease.

Add one large onion and cook until transparent. Add the frozen okra and tomatoes. Add the desired amounts of the optional ingredients. Cook until all all done.

Serve over hot rice in individual bowls.

Yield: 4 to 6 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 2721 Calories; 224g Fat (75.0% calories from fat); 142g Protein; 26g Carbohydrate; 6g Dietary Fiber; 386mg Cholesterol; 7264mg Sodium. Exchanges: 18 1/2 Lean Meat; 4 1/2 Vegetable; 32 1/2 Fat.