



OKRA SOUP

PREP TIME: 45 min

COOK TIME: 40 min

READY TIME: 30 min

INGREDIANTS:

2 Pounds of Okra

Ham hock

Neck bone

Pigtail

½ can of tomato paste

2 can tomato sauce

3 tbsp. of sugar

2 cups of water

DIRECTIONS:

1. Clean and wash meat and okra (cut okra up).
2. Put meat in pot (fill pot to top with water) and boil on high (cook ham hock by self – may take long).
3. After boiling meat for 30mins, drain water off meat. Add two cups of water to pot meat in (put ham hock in pot with other meat also).
4. Add tomato paste and sauce, stir, and allow boiling.
5. Add sugar.
6. Allow soup to boil (may take up to 40mins).
7. Recommend eating with rice on side.