



## Okra – Fresh with Tomatoes

2 Cups okra - trimmed & sliced  
1 small, sweet onion (3/4) chopped  
3 med. tomatoes, peeled & chopped or 1-14 oz. can  
Olive Oil  
1/2 tsp. salt  
Pepper to Taste  
Sauté onion & garlic in oil until tender.  
Stir in rest & simmer, covered for 15 Minutes.

For Pressure Canning:

10 PSI - Pint Jars = 25 minutes QT Jars = 40 minutes.