

OKRA TOMATOES + POTATOES



Tags: [Pitta](#), [Summer](#), [Vata](#)

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 4

Directions:

1. Wash potatoes and dice into small cubes and steam until just soft.
2. While the potatoes are steaming wash okra, cut off ends, and slice into thin rounds.
3. In a large skillet, heat 1 tbsp ghee and sauté onions until translucent.
4. Add turmeric, coriander, cumin, and sea salt and cook until lightly brown (be careful not to burn).
5. Add okra and sauté for about 5 minutes until the okra softens.
6. Add just steamed potatoes, tomatoes, and remaining ghee to okra and onions. Sauté until tomatoes begin to soften.
7. Garnish with cilantro and/or coconut flakes!
8. Yummy with steamed rice, quinoa or just by itself!

Ingredients:

1 lb okra pods

1 cup of cherry or sweet tomatoes, cut in halves

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2-3 large potatoes (can omit for *kapha*)

3 Tbsp of ghee

1/4 C diced onion

1/4 tsp cumin

1/4 tsp turmeric

1 tsp coriander

pinch of sea salt

Garnish (optional): 1 tbsp Fresh Cilantro

1 tbsp Coconut Flakes

Okra is one of my favorite vegetables and has many wonderful benefits; however, many people that I meet are unsure of how to cook with it so I hope this recipe inspires you to incorporate it into your diet!

Benefits of okra

It helps lubricate the large intestines due to its bulk laxative qualities. The okra fiber absorbs water and ensures bulk in stools which can help prevent and improve constipation. Okra binds excess cholesterol and toxins and assures easy passage for waste from the body. Okra fiber is excellent for feeding the good bacteria (probiotics). Okra is a supreme vegetable for those feeling weak, exhausted, and suffering from depression. Okra is used for healing ulcers and to keep joints limber. It helps to provide a protective coating for the digestive and respiratory tract. It is an anti-inflammatory food and can help with lung inflammation, asthma, sore throat, acne, and irritable bowel syndrome.