



# Trish Mandewo's Okra Soup

## Ingredients

2 cups young sliced okra pods

1/8 tsp baking soda

1/2 cup chopped fresh tomatoes

1/2 medium onion

6 ounces water

Salt to taste

1-2 chili peppers or sambal oelek (depending on how spicy you like it)

## Trish Mandewo's Okra Soup

Wash and slice okra pods. Thinly slice the stem and tips and put into recycle. Cut the rest into equal portions. Dice the onion and tomatoes.

In a medium pot, heat water to a boil. Add baking soda, watching closely as it will foam up.

Add the chopped okra and beat it with a wooden spoon for 3-5 minutes. Add the diced onion, tomatoes, and chili peppers. Continue to mixing for another 3-5 minutes.

Enjoy it as a soup or poured over thick grits. Traditionally, we make sadza (a cornmeal and water dish). We use our fingers to eat it

