



Leave whole. use small okra pods, 2-3 inches. Steam and  
butter at end.

### Gumbo

use 3-4 cups chopped okra. Wash okra. cut off the stems. Cut in 1/2 inch pieces. Add chopped tomatoes

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-2.5  
-28  
-24  
-1 cu  
-2 cu  
-4 oz  
4 oz g

(small can or fresh), 2 cups chopped cabbage. Simmer cabbage, tomato, and okra on medium heat. Add a little water. In another pan, saute 1/2 medium chopped onion in 1-2 T. butter. Add onion and butter to okra. Add salt, pepper, 1/4 tsp. chili powder, 1 tsp. sugar, and garlic. Simmer for about 20 minutes. You can tell it's done when okra changes color and cabbage is tender.

Chicken Spaghetti

