

# GREEK STYLE CHICKEN AND OKRA

## INGREDIENTS

- 3 Tbsp olive oil
- 3 cloves garlic, minced
- 2 small onions, diced
- 2 cans diced tomatoes (398 ml size)
- 1 tsp salt, ½ tsp pepper
- 2 lbs fresh okra (stems trimmed and washed)
- 1 tsp dried oregano
- 3 Tbsp red wine vinegar
- 12 chicken thighs (bone-in or out)
- ¾ Cup water or chicken stock



**Prep Time**  
20 min



**Cook Time**  
50 min



**Portion**  
6 ppl

## DIRECTIONS

1. Salt and pepper the chicken
2. Add olive oil in a large Dutch oven or pot over medium heat . Once the oil is shimmering, add the chicken and brown on both sides. Remove and reserve to a plate.
3. Add onions and garlic and saute until translucent.
4. Add in okra, diced tomatoes, and all other seasonings and liquids. Stir to combine.
5. Bring to a simmer and add back the chicken.
6. Close the lid and cook for 30-40 minutes until chicken and okra are tender.
7. Remove the lid and simmer until some liquid evaporates and the consistency becomes less watery.

## NUTRITIONIST'S TIP

Fun Story here....I learned how to cook this recipe from my husband's Aunt. We were in Cyprus one summer and she was preparing this for lunch. It's a really rustic dish that I assume she learned from her family growing up in Greece. All that to say, I'm still making it to this day over a decade later. It's a favorite of my husband and son. If you have any preconceived ideas that okra is slimy, I can tell you that it all goes away once it's cooked. Here's some information about okra - it's really an amazingly good fruit (yes it's served as a vegetable) for its fibre content. Also known as lady fingers, it's a staple in Southern, Caribbean and Indian cooking. It's also high in vitamins A, C and K while being low in calories.