

Ethiopian okra and mushlamb stew (Bamia)

INGREDIENTS

300g king oyster and shitake mushrooms
400g okra cut the stem off but ensure that you keep the okra closed and seeds not exposed
1 large onion chopped
3 cloves garlic minced
1 tbsp ginger
6 large tomatoes diced
1 chilli
4 cups vegie stock or water
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon smoked paprika
Salt and pepper to taste
Fresh cilantro and parsley for garnish

METHOD

1. Cut the mushrooms into 2cm chunks and fry with a pinch of salt until brown on one or two of the sides. Remove from the pan.
2. Place the okra on a baking tray and drizzle on 1 tbsp olive oil and bake in 200C oven for 20 – 25 minutes or until soft and a little brown on some pieces.
3. Place the onion, garlic, ginger, salt and chilli in a saucepan or large frying pan and fry until the onion is soft. Then add the cumin and smoked paprika and cook for a few minutes. Then add tomatoes and cook for 5 minutes or so.
4. Add the vegetable stock and then bring to the boil and let simmer with the lid on for 10 minutes. Then add the whole okra and cook for 5 minutes with the lid off.
5. Mix in the cooked mushrooms and serve with the coriander parsley garnish.

To sign up to my free ebook – Sensational you on a plant based diet
www.veets.com.au/signup

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.

Cook Well • Eat Well • Live Well

Vegan Cooking & Nutrition | www.veets.com.au | © Copyright