



# LeiHall Farm Recipes

## Indian Spiced Okra (Bhindi Masala)

- 2 tablespoons vegetable oil
- 2 med onions; finely chopped
- 1-1/2 tsp fresh ginger; peeled
- 1-1/2 tsp garlic
- 1/2 tsp turmeric
- 2 tsp ground coriander
- 2 tsp ground cumin
- Coarse salt
- 2 whole tomatoes; chopped
- 1 tsp Chile powder; or more to taste
- 1-2 pounds okra; ends pieces removed and cut into 1-inch pieces
- 1/2 green bell pepper; chopped
- 1 tsp Garam Masala (purchase or see recipe in Sauces and Rubs category)

Grind ginger and garlic into a paste using a small food processor. Heat oil in large skillet, over medium heat, add onions, and sauté, until translucent, about 5 minutes. Add ginger-garlic paste, turmeric, coriander, cumin, and salt; cook, stirring, 1 to 2 minutes.

Add tomatoes, Chile powder, okra, and green peppers. If mixture appears dry, add 1/4-cup water. Add garam masala, and cook, covered, 15 to 20 minutes. Serves 4.