

Easy Okra Stew

THM:FP as written

This couldn't be easier:

- 3 servings shrimp and white fish of choice (I used tilapia)
- 1 lb. fresh mushrooms
- 2 cups okra, frozen
- 1/2 cup onions, diced
- 3 sweet baby peppers or 1 red bell pepper, diced
- 1 can Rotel
- 1/3 cup of unsweetened coconut milk
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. cayenne (I used 1 whole tsp. for extra heat)
- a few pinches of mineral salt
- a few shakes of pepper
- broth



Poach the shrimp and fish in about 1/2 cup of broth. When done, set the fish aside on a plate.

Add fresh/frozen veggies to the same pan and cook through (simmer for about 10 minutes). Add Rotel and coconut milk and 1/2 cup more broth and all seasonings.

Add fish back in and warm through. Serve over brown rice for an E. Add extra coconut milk and serve over cauliflower rice for an S. Eat as is for a FP.

enJOY!

