Sauteed Okra and Leftover Rice

Makes a main-course or 6 side-dish servings

Ingredients

1 lb okra (about as much as can be held in 2 hands)
1 small or medium size onion
1-2 green or red peppers
2 cups leftover rice
1 can red, white or pinto beans (optional)
1 and ½ tablespoon olive oil (vegetable oil will also work)
1-2 cloves garlic
Salt, pepper

Preparation

Wash and trim the ends off the okra pods, and slice the okra into ½ inch thick slices. Chop the onion and the peppers into small pieces (¼ inch or so), and heat the oil in a large skillet until hot. Add the onion and peppers to the olive oil in a large skillet and cook until translucent. Chop the garlic into small pieces and add to the onion and peppers in the skillet and cook about ½ minute. Be careful that the garlic does not burn. Add the okra to the onions and peppers and cook until the okra becomes bright green. Add the rice and the beans if you have them. Season to taste. Serve hot.

You can also add bits and pieces of leftover ham or bacon. Peas can be substituted for beans. If you prefer a hotter flavor, add ¼ teaspoon red pepper flakes or ⅛ teaspoon cayenne pepper when cooking the green peppers.