



Okra Stew Recipe - Afghan Recipe

Ingredients

- 1/2 lb frozen okra (thawed)
- 1 small onion finely chopped
- 1 spoon oil
- 1 tsp turmeric
- salt to taste
- 1/2 tsp black pepper
- 3 cloves garlic minced
- 1 small can tomato paste
- 1 cups water

Directions

Heat the oil on medium high heat and caramelize the onions and garlic until golden brown .

Add the tomato sauce and spices.

Add the orzo and cook for about 10 minutes .

Add the water, cover the pot and cook on medium heat for about 15-30 minutes until the water has reduced and the oil has surfaced to the top.

Recipe for Afghan Spinach

Ingredients

- 1 spoon oil
- 1 frozen chopped spinach (thawed)
- 1/2 teaspoon ground coriander
- salt to taste
- 3 cloves garlic minced
- 1/2 teaspoon cayenne powder
- 1 teaspoon ground black pepper

Directions

Wash the onions and chop and then put in a pot, put the oil over medium heat. When the heat is hot, add the onion and stir-fry for 5 minutes.

Meanwhile, add spinach to the frying pan and stir for a minute until everything is well mixed.

Add all the spices and stir again, cover, and cook for 10 minutes. Check to see if the spinach is very tender, if not, recover and cook for 5 more minutes.

Remove cover and continue to cook over medium heat until all of the liquid has evaporated.



Recipe for Afghan Chickpeas

Ingredients

- 1 spoon oil
- 6 fresh tomatoes and 1 small can tomatoes paste
- 3 garlic cloves (minced)
- 1 onion (finely chopped)
- 2 cans of chickpeas
- salt to taste
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon chopped coriander

Directions

In a pot, heat oil on a low setting,

Add the chopped tomatoes, stir and mash the tomatoes with a silicone spatula or wooden spoon.

Cook for about 7-8 minutes, then turn off the heat.

Add the minced garlic, stir and cook for 5 minutes.

Add the tomato paste from chickpeas, salt and pepper, and stir.

Simmer for 15 minutes, sprinkle with chopped coriander and serve.