

Vegan Okra and Tomato Sauté

- 2 tbsp extra virgin olive oil**
- 3 cloves chopped garlic**
- 1 lb. fresh okra**
- 2 large fresh tomatoes, diced**
- Sea salt and pepper to taste**

Wash and trim okra. Cut okra into 1-inch pieces. Dice tomatoes. In large skillet, heat olive oil on medium-high heat and add chopped garlic. After 1 minute, add in okra and diced tomatoes. Turn down to medium heat and sauté for about 10 minutes. Add salt and pepper to taste.

