



## Home Grown Recipes



## SOUP & CHOWDER "OKRA SOUP"

## -INGREDIENTS-

2 OZ PORK FAT	PINCH THYME
1 OZ OIL	ONE BAY LEAF
3 OZ ONION	1 QUART WATER
1 OZ CELERY	6 OZ POTATO
2 OZ CARROTS	
8 OZ OKRA	
2 OZ TOMATO PASTE	
12 OZ LAMB CHOP (DISCARD BONE)	
SALT, PEPPER AND HOT SAUCE TO TASTE	

## -DIRECTIONS-

DICE PORK AND VEGETABLES INTO ½" PIECES.  
FRY THE PORK IN OIL,  
ADD VEGETABLES AND COOK FOR ANOTHER 3 MINUTES.  
ADD THE WATER, DICED POTATOES AND LAMB.  
SIMMER FOR 1 ½ HOURS, SKIM OCCASIONALLY & SEASON.

SERVES 6.

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