

# Bahamian Okra Soup

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Bahamian Okra Soup Ingredients

- 1 small Ham Bone (ample meat remaining)
- 1 quart Water
- 1 quart Chicken Broth
- 1-1/2 pounds Fresh Okra or 1 package frozen, sliced thin
- 1 Medium Onion, chopped
- 2 TBS Tomato Paste
- 1 large can tomatoes (28oz), cut up
- 2 TBS Long Grain Rice, uncooked
- 1/2 tsp Thyme, fresh
- Salt and Pepper, to taste

Cook meat in water and broth slowly 1-1/2 hours.

Add okra, onion, tomato paste, tomato, rice, thyme, salt and pepper; cook for an additional hour.

Add more water or broth if needed.

Yield: 4 to 6 servings.

