



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Casseroled Okra with Chicken

Tavuklu Bamyalı Güveci



1.10 pounds okra
2 chicken breasts
1 big onion
2 tomatoes
4 long green peppers
7 tbsp vegetable oil
1 tsp salt
2 cups hot water

- # Cut off the ends of the okras, wash and drain.
- # Put water and some salt in the pot, boil, and add the okras.
- # When the okras get par-cooked remove from the water and drain.
- # Put 4 casseroles on the bench.
- # Divide all ingredients to 4 parts.
- # Place the okras into the casseroles at first, then onion circles, peppers which are cut into a few pieces, tomato circles, chicken breasts, and pour oil all over, sprinkle some salt. Add half cup water.
- # Cover them with aluminium foil.
- # Pour 1 inch water into the oven tray, and place the casseroles on the tray.
- # Cook in 374 F oven for 45 minutes.

Note: You can cook this meal in a big casserole also instead of dividing the ingredients into 4 small casseroles.