

OKRA AND TOMATO GUMBO

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
100 cal	14 g	3 g	4 g	9 mg	391 mg	71 mg

Ingredient

ONIONS,FRESH,CHOPPED
 BACON,RAW
 OKRA,FROZEN,CUT
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 SALT
 CHILI POWDER,DARK,GROUND
 PEPPER,BLACK,GROUND
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 WATER,BOILING
 BREAD,WHITE,STALE,SLICED
 BUTTER,MELTED
 GARLIC CLOVES,FRESH,MINCED

Weight

2-1/8 lbs
 1 lbs
 10 lbs
 4-3/8 oz
 1-3/4 oz
 1-7/8 oz
 1 oz
 1/8 oz
 13-1/4 lbs
 3-1/8 lbs
 2 lbs
 12 oz
 1/8 oz

Measure

1 qts 2 cup

 1 gal 2-1/8 qts
 1 cup
 1/4 cup 1/3 tbsp
 3 tbsp
 1/4 cup 1/3 tbsp
 1/8 tsp
 1 gal 2 qts
 1 qts 2 cup
 1 gal 2-1/2 qts
 1-1/2 cup
 1/4 tsp

Issue

2-1/3 lbs

Method

- 1 Saute onions and bacon until onions are tender and bacon is crisp.
- 2 Add okra to onions and bacon. Cook 5 minutes, stirring frequently.
- 3 Add flour, sugar, salt, chili powder, and pepper; stir until blended.
- 4 Add tomatoes and water; mix well.
- 5 Bring to a boil. Reduce heat; simmer 15 minutes or until okra is tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 6 Prepare Garlic Croutons. Trim crusts from bread; cut bread into 1/2-inch cubes. Place bread cubes on sheet pans. Brown lightly in 325 F. oven, about 20 to 25 minutes or in 375 F. convection oven for about 6 minutes on high fan, open vent. Melt butter or margarine; blend in minced garlic. Pour mixture evenly over lightly browned croutons in steam table pans; toss lightly.

Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallon lightly browned croutons.