



Wild Okra with Beans or Cowpeas

Gambia | Easy | 5 hours | 4/6 servings | Soup



Ingredients

Raw chickpeas	400 g
Tomato	300 g
Onion	110 g
Cowpea, dry	200 g
Baking soda	5 g
Table salt	5 g
Okra, fresh	500 g

Tools and equipment

- ~ Stainless steel cooking pot or saucepan
- ~ Wooden spoon or other stirring tool
- ~ Bowl



Directions

- 1 Wash cowpeas and soak for 4 hours.
- 2 Boil for 30 minutes.
- 3 Wash and cut okra in dices.
- 4 Add baking soda and boil okra in a different pot for five to ten minutes, stirring occasionally.
- 5 Add tomatoes, onion, salt, and boil the ingredients for three to five minutes.
- 6 Add cooked cowpeas (or beans) and mix all together.
- 7 Serve.