



Traditional Sudanese okra soup

(Often called Bamia)



christian
aid

This recipe for a hearty and healthy vegetable soup is perfect for harvest season.

Ingredients (serves 4)

- **400–500g okra** (Fresh or Frozen)
- **1 medium onion**, finely chopped
- **2 cloves garlic**, crushed
- **2 medium tomatoes**, grated or finely chopped (or 1 small tin chopped tomatoes)
- **1 tsp ground coriander**
- **1 tsp paprika**
- **½ tsp black pepper**
- **½ tsp cumin** (optional but traditional)
- **1 small green chilli**, finely chopped (optional)
- **Salt**, to taste
- **2–3 tbsp oil**
- **Water or stock** (enough to create a light soup base)

- 1.** Heat the oil in a large pot over medium heat. Add the chopped onion and cook until soft and golden.
- 2.** Add the garlic and chilli (if using) and stir for about 30 seconds until fragrant.
- 3.** Add the ground coriander, paprika, black pepper, cumin, and salt. Stir well to coat the onions.
- 4.** Add the tomatoes and cook for a few minutes, stirring, until they begin to break down and form a sauce.
- 5.** Pour in enough water or vegetable stock to create a light soup base. Bring to a gentle simmer and cook for 10–15 minutes to allow the flavours to develop.
- 6.** Add the okra (whole or sliced) and stir gently, as okra breaks down easily.
- 7.** Simmer uncovered for 15–20 minutes, until the okra is soft and the soup has slightly thickened.

Sudanese bamia is meant to be slightly slippery! **Traditionally served with Kisra (Sudanese flatbread) or over white rice.**

caid.ie/harvestofhope

