

Okra Stew (Marigha Bamia)

16 servings

Bamia or bamiya is a Middle Eastern stew, traditionally made with okra and tomatoes. The dish is often cooked with chicken or lamb and served with rice or bread.

- 6 Tablespoons olive oil, divided
- 1 pound fresh okra, gently rubbed under cold running water, chopped or whole*
- 1 onion, scrubbed with clean vegetable brush under running water, chopped
- 1 pound chicken breasts, skinless and boneless, cut into cubes
- 5 garlic cloves, minced
- 1 (29 oz) can tomato sauce
- 2 cups water
- 2 teaspoons salt (optional)
- 1 teaspoon black pepper
- 1 cup fresh cilantro, gently rubbed under cold running water, chopped and divided

1. Wash hands with soap and water.
2. In a large pot, heat three tablespoons of oil over medium heat. Add okra and onions. Cook for 10 minutes.
3. Remove vegetables from the pot and set aside.
4. Heat an additional 3 Tablespoons of olive oil in the same pot and add chicken. Wash hands after handling uncooked chicken. Cook for five minutes or until internal temperature reaches 165°F as measured with a food thermometer.
5. Add garlic and cook for four minutes.
6. Stir in cooked okra and onion, tomato sauce, water, salt (if desired), pepper, and half of the cilantro. Simmer for 15 minutes.
7. Sprinkle with remaining cilantro and serve with bread or rice.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes

*Frozen okra can be used in place of fresh okra.

Nutrition Information per Serving (½ cup): Calories 110, Total Fat 6g, Saturated Fat 1g, Cholesterol 20mg, Sodium 310mg, Total Carbohydrates 6g, Fiber 2g, Total Sugars 3g, includes 0g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 8%.

Source: This recipe was adapted from yezidisinternational.org.