KIKKOMAN

Traditional Albanian okra and meat soup

Total time **60 mins** **10 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):
2,150 kJ / 513 kcal

Fat: **31 g** Protein: **35 g**
Carbohydrates: **34 g**

INGREDIENTS

6 portion(s)

600 g	lamb or beef, diced
60 ml	olive oil
1	onion, approx. 120 g, chopped
2	garlic cloves, peeled and chopped
2	carrots, approx. 150 g, diced
120 g	fresh or frozen okra, sliced into 2 cm pieces
400 g	tinned chopped tomatoes or passata
2 l	meat or vegetable stock
1	bay leaf
4 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tsp	sweet paprika
0.25 tsp	chilli flakes, optional
6 slices	traditional bread
	Black pepper, to taste

PREPARATION

Step 1

600 g lamb or beef, diced - **60 ml** olive oil - **1** onion, approx. 120 g, chopped - **2** garlic cloves, peeled and chopped - **2** carrots, approx. 150 g, diced
Heat a pot over medium heat. Add the olive oil and brown the meat on all sides for 4–6 minutes. The meat doesn't need to be fully cooked at this stage. Once browned, add the onion, garlic and carrots. Sauté together for 3–4 minutes, stirring occasionally.

Step 2

120 g fresh or frozen okra, sliced into 2 cm pieces - **400 g** tinned chopped tomatoes or passata - **2 l** meat or vegetable stock - **1** bay leaf - Black pepper, to taste
Add the tomatoes and okra to the pot with the meat and vegetables. Heat the stock, pour it in and stir. Add the bay leaf. Bring to the boil, then reduce the heat to medium and simmer for 30–40 minutes until the meat is tender and flakes easily with a fork. Season with the black pepper.

Step 3

4 tbsp Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** sweet paprika - **0.25 tsp** chilli flakes, optional - **6 slices** traditional bread
Stir in the Kikkoman Gluten-free Soy Sauce, sweet paprika and optional chilli flakes. Serve hot with the bread on the side.