

Sudanese Okra Stew with Millet Porridge

A hearty and nutritious dish featuring a creamy millet porridge served with a flavorful Sudanese okra stew. Perfect for a comforting meal that celebrates traditional flavors.


40 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup millet
- 1 1/2 cups water
- 1/4 teaspoon salt
- 1 cup fresh okra, sliced
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 medium tomato, diced
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 Rinse the millet under cold water and drain.
- 2 In a pot, combine millet, water, and salt. Bring to a boil, then reduce heat and simmer for about 15-20 minutes, stirring occasionally, until the millet is tender and creamy.
- 3 In another pan, heat oil over medium heat. Add onions and garlic, and sauté until translucent.
- 4 Add sliced okra and cook for 5 minutes, stirring occasionally.
- 5 Stir in the diced tomato, cumin, coriander, salt, and pepper. Cook for another 10 minutes until the okra is tender and the stew thickens.
- 6 Serve the okra stew over the millet porridge and garnish with fresh cilantro if desired.