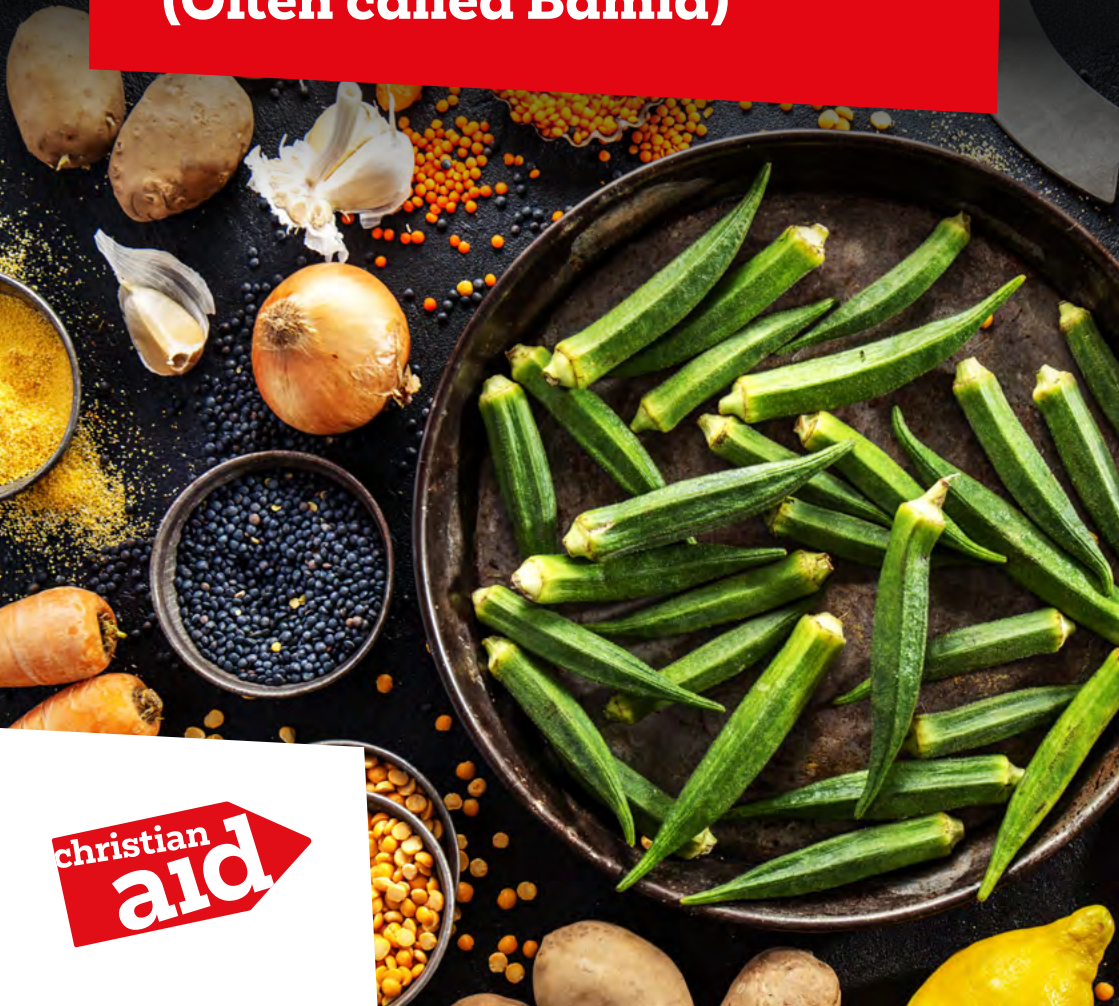


# Traditional Sudanese okra soup

(Often called Bamia)



christian  
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# This recipe for a hearty and healthy vegetable soup is perfect for your Harvest supper.

## 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.**

