

Bhindi Masala

Adapted from [Food.com](https://www.food.com)

Ingredients

3 tablespoons vegetable oil, divided
1 tablespoon whole cumin seeds
1 teaspoon mustard seeds
2 medium **onions**, chopped
1 medium **green pepper**, sweet or hot, chopped
2 medium **tomatoes**, chopped
½ - 1 lb **okra**, chopped
1 ¼ tablespoons coriander powder
½ teaspoon turmeric powder
¼ - ½ teaspoon crushed red pepper (optional)
¾ teaspoon salt
Half-and-half or coconut milk (optional)

Directions

Heat 1 tablespoon oil in a skillet with a lid over medium to medium-high heat.

Add the cumin and mustard seeds, cover the skillet with a lid, and allow to splutter and pop.

Once the popping subsides add the onion and stir-fry for a minute. Add the green pepper and stir-fry until both are nicely browned. Remove the onions and peppers to a plate.

Add 2 tablespoons oil to the skillet.

Add the chopped okra and stir-fry for about 3 minutes.

Add the pepper/onion mixture to the skillet with the okra and mix.

Add the coriander, turmeric, and crushed red pepper (optional) and mix.

Lower the heat and allow to cook for 5 minutes, or until the okra is cooked.

Add the chopped tomatoes and mix. Cover the skillet and cook for about 7 minutes.

Uncover, add salt, and mix well.

Allow to cook for about 2 minutes, or until desired consistency is reached.

Remove from heat and, optionally, add a splash of half and half or coconut milk.

Serve with rice.