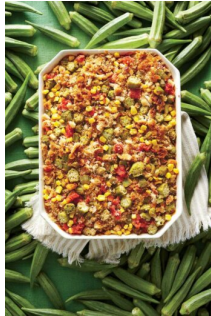


## Okra and Rice Casserole: A Hearty and Flavorful Southern Side

1 lb fresh or frozen okra, sliced



**TIME**  
**5-7 min**

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**ChefManiac**

### INGREDIENTS

- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 lb fresh or frozen okra, sliced
- 1 can (15 oz) diced tomatoes, undrained
- 1 cup long-grain white rice, rinsed
- 2 cups low-sodium chicken or vegetable broth
- 1 tsp dried thyme
- 1/2 tsp smoked paprika
- Salt and black pepper, to taste

#### Swaps and Notes:

**Okra:** You can use fresh or frozen okra for this recipe. If you're using fresh, be sure to wash and slice it. If you're using frozen, you can just toss it in without thawing.

**Rice:** Long-grain white rice is ideal for this recipe because it cooks quickly and absorbs flavor well. You can use brown rice, but you'll need to increase the cooking time and liquid.

**Tomatoes:** Canned diced tomatoes with their juices are perfect here. They provide a lot of flavor and liquid for the rice to cook in.

**Protein:** To make this a main course, you can add 1 lb of sliced sausage, shrimp, or cubed chicken.

Just be sure to cook the protein before adding the other ingredients. For a similar dish with sausage, you might also like my [This Tomato Skillet with Okra and Sausage](#) is My Favorite Quick Dinner Packed

with Southern Flavor.

**Spice:** For a little kick, you can add a pinch of cayenne pepper or some red pepper flakes.

**Instructions:**

**SautØ the Vegetables:** In a large, oven-safe skillet or Dutch oven, heat the olive oil over medium heat. Add the chopped onion and cook for 5-7 minutes until softened. Add the minced garlic and cook for another minute until fragrant.

**Add Okra:** Add the sliced okra to the skillet and cook for 5-7 minutes, stirring occasionally, until it starts to lose its "sliminess."

**Combine:** Stir in the rinsed long-grain rice, diced tomatoes (with their juices), chicken or vegetable broth, dried thyme, and smoked paprika. Season with salt and black pepper to taste.

**Cook the Casserole:** Bring the mixture to a boil, then reduce the heat to low. Cover the skillet with a tight-fitting lid and let it simmer for 15-20 minutes, or until the rice is cooked through and has absorbed most of the liquid.

**Rest and Serve:** Remove the skillet from the heat and let it rest, covered, for 5 minutes. This allows the rice to fully steam and become fluffy. Fluff with a fork and serve hot.

**Tips for Success:**

**Cook the Okra First:** Cooking the okra for a few minutes before adding the other ingredients helps to reduce its sliminess, resulting in a better texture in the final dish.

**Rinse the Rice:** Rinsing the rice before adding it to the skillet helps to remove excess starch, which prevents the casserole from becoming too gummy.

**Use a Tight-Fitting Lid:** A tight-fitting lid is crucial for this recipe. It traps the steam and ensures the rice cooks evenly and perfectly.

**Don't Stir While Simmering:** Once you cover the skillet and reduce the heat, resist the urge to stir. Stirring can prevent the rice from cooking properly.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

Calories: Approximately 300

Protein: 8g

Fat: 10g

Carbohydrates: 40g

**Storage and Leftover Tips:**

**More Recipes You Will Love:**

## DIRECTIONS

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9. Don't : Stir While Simmering: Once you cover the skillet and reduce the heat, resist the urge to stir. Stirring can prevent the rice from cooking properly.
10. Serving Suggestions and Pairings: This Okra and Rice Casserole is a fantastic side dish for so many different meals. It pairs perfectly with roasted chicken, fried fish, or pork chops. It's a great addition to a spread of other Southern comfort foods like my recipe for These Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays or a hearty bowl of my This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort.
11. Nutritional Information (Per Serving): Please note: This is an approximation and can vary based on the specific ingredients used.
12. Calories: Approximately 300
13. Protein: 8g
14. Fat: 10g
15. Carbohydrates: 40g
16. This is a hearty and satisfying side dish that's packed with fiber and nutrients.
17. Storage and Leftover Tips: Leftover okra and rice casserole can be stored in an airtight container in the refrigerator for up to 3 days. The rice will continue to absorb liquid, so you may need to add a splash of water or broth when reheating. You can warm it gently in a skillet on the stove or in the microwave.
18. More Recipes You Will Love: If you're a fan of easy and delicious one-pan meals, you'll love some of my other creations. For a great weeknight dinner, my recipe for This Dorito Casserole is My Favorite Weeknight Dinner Shortcut is a lifesaver. And for another great hearty meal, you can't go wrong with my recipe for These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners.
19. Final Thoughts: This Okra and Rice Casserole is a recipe that is sure to become a new favorite in your home. It's a simple, flavorful, and incredibly easy side dish that is the perfect way to get a delicious taste of the South on your plate.
20. I'd love to know what your favorite : Southern side dish is! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

## SWAPS & NOTES

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If you're using frozen, you can just toss it in without thawing.  
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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/okra-and-rice-casserole-a-hearty-and-flavorful-southern-side/>