

## How to Freeze Okra

- Wash the okra, thoroughly drain, and cut off the stems. Slice the okra in to ½ inch rounds or your desired thickness. If you prefer, you can also freeze the okra whole.
- Lay the okra out single file on a parchment-lined baking sheet. Single layer will prevent the okra from ticking together in a big frozen mass.
- Place the baking sheet in the freezer and freeze for at least 4 hours.
- Transfer the okra to a Ziplock freezer bag or freezer container.
- Label your freezer bag/container with the date and keep frozen until ready to use. It will keep for 10-12 months.
- To use the okra, simply remove what you need from the bag. If you're adding it to a soup or stew there is no need to thaw it. If you're planning on frying it, let it thaw and drain completely.

Prep time: 10 mins.

Freezing Time: 4 hours

## Glazed Carrots

### Ingredients:

Bag of baby carrots or any sliced up raw carrots

½ cup butter

¼ cup of light or dark brown sugar

Salt and Pepper to taste

Parsley for garnish

### Directions:

Put carrots, brown sugar, and butter in a pan over medium heat, stirring occasionally so they do not burn.

Once the liquid reduces and becomes like a glaze, season with salt and pepper to taste. Serve once they are tender.

For garnish, you can sprinkle in some chopped parsley, thyme, rosemary, or other herbs.