

Okra Soup for Painful Swallowing



Introduction:

Okra is appealing for its tender fruit and leaves. It is high in soluble fiber, vitamin C, and folate. Okra is a source of antioxidants as well as a good source of calcium and potassium.

Perhaps its most unusual feature is the gummy, mucilaginous substance released from its pods when cooked; the more thinly it is sliced and left to cook, the more the natural mucilage dissolves. That sticky/slime texture may be unappealing to some, but helpful for patients who are returning to oral intake after chemo and radiation therapy for cancers of the Head and Neck region. It can feel as though it is coating the throat, making it easier to swallow for those patients with odynophagia (painful swallowing).

According to a patient whose recipe follows: "It was the first thing I consumed, because I was afraid of the pain. It coated my throat making it possible I could have some food with substance." The patient found it allowed him to increase his oral food and fluid intake.

Recipe:

Okra Soup

Serves: 4

Serving Size: 1 cup

Ingredients:

- 4 Quarts of water
- 2 Large chicken or vegetable bouillon cubes
- 1 Pound of okra
- 1-2 cups cooked orzo or fine pasta

Instructions:

1. Wash the okra and cut the two ends off. For stronger, more gelatinous soup, slice the okra into smaller pieces.
2. Add chopped okra to pot; add 4 quarts of water and chicken or vegetable bouillon and bring to a boil. Simmer for one hour.
3. After boiling, remove all okra to avoid small seeds
4. Add orzo or any fine pasta

Nutrition Facts:

Calories 67-95
Fat (g) 0.5
Carbohydrate (g) 17-25
Protein (g) 3.5-5
Sodium (mg) 483

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