

Vegetarian Gumbo

Ingredients

- 1/4 cup all-purpose whole wheat flour
- 3 tablespoons avocado oil
- 2 medium ribs of celery, diced
- 1 medium onion, diced
- 1 medium carrot, diced
- 1/2 medium red bell pepper, diced
- 1/4 medium green bell pepper, diced
- 4 medium garlic cloves, minced
- 2 medium tomatoes, diced
- 1 cup fat-free, low-sodium vegetable broth
- 2 1/2 cups frozen sliced okra, thawed
- 2 cups canned no-salt-added small red beans, rinsed and drained
- 1 medium zucchini, diced
- 1/2 cup tomato purée
- 2 medium dried bay leaves
- 1 teaspoon dried thyme, crumbled
- 1 teaspoon sodium-free Creole or Cajun seasoning blend
- (See Creole or Cajun Seasoning Blend Recipe and Cook's Tip)
- 1/4 teaspoon cayenne pepper
- Optional: 1/4 cup collards, swiss chard and/or dinosaur kale

Procedure

1. In a large skillet, stir together the flour and oil. Cook over medium-low heat for 10 minutes, or until the mixture is chocolate brown and fragrant, stirring constantly. Stir in the celery, onion, carrot, bell
2. peppers, and garlic. Cook for 3 to 4 minutes, or until the vegetables begin to release their liquid, stirring occasionally.
3. Stir in the tomatoes and broth. Increase the heat to medium. Cook, covered, for 10 minutes, or until the tomatoes begin to soften and release their liquid, stirring occasionally.
4. Stir in the remaining ingredients. Bring to a simmer and simmer, covered, for 15 minutes, or until the vegetables are tender. Discard the bay leaves before serving the gumbo.
5. Serve over rice or enjoy alone, enjoy!



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