

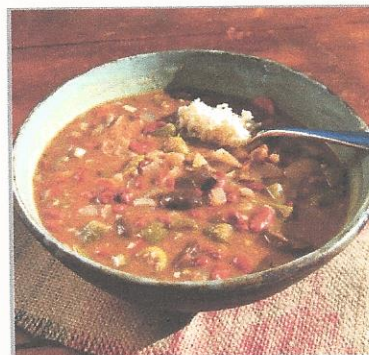
Fat-Free Vegan Gumbo

Prep time	Cook time	Total time
15 mins	30 mins	45 mins

Author: Holy Cow! Vegan Recipes
 Cuisine: Louisiana
 Serves: 8

Ingredients

- 2 tbsp brown rice flour
- 1 large onion, finely diced
- 6 cloves of garlic, finely minced
- 1 green bell pepper, finely diced
- 2 carrots, cut into rounds
- 2 cups button mushrooms or crimini mushrooms, sliced
- 2 cups frozen or fresh okra, cut into rings
- 1 cup pureed tomatoes
- 3 cups of canned red beans, drained and rinsed. (If using dry beans, start with 1 cup of beans, soak them overnight, then cook in a pot with enough water to cover the beans. Let the water come to a boil, lower the heat to simmer, cover the pot and then cook about 90 minutes to 2 hours, until the beans are tender. Add more water if the beans get dry.)
- 1 tbsp dry sage
- 1 tbsp thyme
- 1 tbsp Cajun seasoning
- 1 chipotle chili, minced, with 1 tsp of the adobo sauce
- 2 tbsp tamari
- Water or vegetable stock
- Salt and ground black pepper to taste



Instructions

1. Heat a large pot and add the brown rice flour. Roast, stirring constantly over medium-low heat, until the roux is a couple of shades darker. Remove immediately to a bowl.
2. In the same pot, add the onions, carrots and garlic along with a quarter cup of water or vegetable stock. Season with salt and pepper. Cook, stirring frequently, until the onions soften and the water has evaporated.
3. Add the tomatoes, bell peppers and mushrooms and cook, stirring, for another five minutes. Add the chipotle chili and adobo sauce, tamari, herbs and the Cajun seasoning and mix well.
4. Now add the beans and the okra and stir well to mix. Add the brown rice flour back to the pot and stir in. Add 2 cups of vegetable stock and allow the gumbo to come to a boil over medium-high heat. If the gumbo is too thick, add more water or stock. Lower the heat to a simmer and let everything cook for another 10 minutes.
5. Add more salt if needed. Turn off the heat. You can also throw in some vegan sausage if you like -- cut it into rounds. That would add a small amount of fat to the gumbo, but it would also send the protein content soaring higher.
6. Enjoy!

Nutrition Information

Calories: 122 Carbohydrates: 23.6 g Fiber: 6 g Protein: 7.1 g

Recipe by Holy Cow! at <http://holycowvegan.net/2014/01/fat-free-vegan-gumbo.html>