

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Recipe Name

This vegan-friendly hearty dish will satisfy both your appetite and taste buds while providing the warm pleasure of a comfort food!

<b>Recipe Name:</b>	Vegan Gumbo
<b>Recipe By:</b>	Cilantroandcitronella.com
<b>Short description of recipe:</b>	Enjoy as a “Meatless Monday” meal or throughout the week for lunch.
<b>Makes</b>	4 servings
<b>Ingredients:</b>	<ul style="list-style-type: none"><li>¼ cup olive oil</li><li>¼ cup flour</li><li>1 medium onion, diced</li><li>1 small green pepper, diced</li><li>1 celery stalk, diced</li><li>3 cloves of garlic, minced</li><li>2 cups okra, sliced</li><li>1 28oz can crushed tomatoes</li><li>2 ½ - 3 ½ cups vegetable stock</li><li>10 button mushrooms, quartered</li><li>½ teaspoon thyme</li><li>½ teaspoon cayenne pepper</li><li>2 bay leaves</li><li>2 cups mixed beans or lentils</li><li>1 tablespoon dark miso paste</li><li>½ teaspoon salt (or to taste)</li><li>Freshly ground black pepper</li><li>Fresh parsley</li></ul>
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Heat a large saucepan over medium heat. Add the oil and flour. Stir or whisk continuously until the mixture is a dark caramel colour. This will take about 15 – 20 minutes; don’t let it burn or you will have to start over.</li><li>2. Add the onions and continue stirring until they are soft. Add the green pepper, celery, garlic, and okra. Sauté for 10 – 15 minutes until the vegetables are soft and the okra slime has disappeared.</li><li>3. Add the crushed tomatoes, 2 ½ cups stock, mushrooms, thyme, cayenne pepper and bay leaves. Bring to a boil then lower the heat to medium-low and simmer gently for 30 minutes.</li><li>4. If you like your gumbo more soup-like, add some extra stock. Add the beans and simmer for a few</li></ol>

more minutes until they are heated through.

5. Turn off the heat and ladle a small amount of the gumbo into a small bowl and add the miso paste. Stir well to dissolve and then add the gumbo back to the saucepan. Mix well.
6. Add salt and pepper to taste. Serve the gumbo as is, or over some brown rice with fresh parsley.