

From our kitchen to yours



Vegetarian Gumbo

TOTAL TIME: 30 mins YIELDS: 10 servings

Courtesy of Eating Well

Ingredients:

½ cup	Flour	1 ¾ tsp	Salt
1/3 cup	Olive oil	3 cups	Fresh okra, trimmed and sliced
1 small	Butternut squash, peeled, seeded and cubed	3 cups	Zucchini, chopped
2 cups	Yellow onion, chopped	2 x 443mL can	No-salt-added pinto beans, rinsed
2 cups	Poblano peppers, chopped	2 Tbsp	Hot sauce
1 cup	Celery, chopped	1 Tbsp	Red-wine vinegar
8 cups	Low-sodium vegetable broth	½ tsp	Ground black pepper
900mL can	Whole plum tomatoes, drained and crushed	4 cups	Cooked brown rice, warmed

Directions:

Whisk flour and oil in a 7-quart pot. Cook over medium heat, stirring frequently, until the mixture is deeply browned, 10-12 minutes.

Add squash, onions, poblanos and celery; cook, stirring occasionally, until the vegetables are well coated and warmed through, about 5 minutes.

Stir in broth, crushed tomatoes and salt; bring the mixture to a boil over high heat.

Stir in okra; reduce heat to medium-high and simmer for 5 minutes. Stir in zucchini and beans; simmer until the squash is tender, about 5 minutes.

Stir in hot sauce, vinegar and pepper. Serve over rice.

