



@KICKCRAMPSASS

## INGREDIENTS

- 1/2 CUP VEGAN BUTTER (WE USE EARTH BALANCE)
- 1/2 CUP BROWN FLOUR (OAT, QUINOA, BROWN RICE)
- 1 RED ONION, DICED
- 1 GREEN PEPPER, DICED
- 1 RED BELL PEPPER, DICED
- 2 CELERY STALKS, DICED
- 3 CLOVES OF GARLIC, MINCED
- 2 CUPS OKRA, SLICED
- 14 OZ FIRE-ROASTED TOMATOES
- 4 ½ CUPS VEGETABLE STOCK
- 1/2 CUP MUSHROOMS, SLICED
- 2 CUPS COOKED BEANS (WE USE KIDNEY, PINTO & AND BLACK BEANS)
- 1 TABLESPOON VEGAN WORCESTERSHIRE SAUCE
- 1 TABLESPOON LIQUID SMOKE
- 6 DROPS (OR SHAKES) OF HOT SAUCE (OPTIONAL)
- ORGANIC GARLIC POWDER TO TASTE
- ONION POWDER TO TASTE
- THYME TO TASTE
- FRESH GROUND PEPPER TO TASTE
- CAJUN SEASONING TO TASTE
- PAPRIKA TO TASTE
- CUMIN TO TASTE
- CHILI POWDER TO TASTE
- 1/4 TABLESPOON GINGER
- 1/4 TABLESPOON TURMERIC
- ½ TEASPOON CAYENNE PEPPER (OR MORE TO TASTE)
- 2 BAY LEAVES
- 1 TABLESPOON ITALIAN SEASONING OR PARSLEY
- WILD OR BROWN RICE, TO SERVE

## NUTRITION FACTS

- CALORIES: 382.25
- TOTAL FAT: 15.58G
- SATURATED FAT: 2.23G
- SODIUM: 993.5MG
- POTASSIUM: 906MG
- TOTAL CARBOHYDRATES: 55.81G
- DIETARY FIBER: 9.08G
- SUGARS: 8.27G (NO ADDED SUGAR)
- PROTEIN: 9.36G
- VITAMIN A: 3783IU
- MAGNESIUM: 127.25MG
- PHOSPHOROUS: 107.25MG
- VITAMIN C: 107.3MG
- CALCIUM: 126MG
- IRON: 4.64MG
- VITAMIN K: 63.98UG
- ZINC: 2.67MG
- VITAMIN E: 3.56MG

# VEGAN GUMBO

SERVES 4 - 12 OZ BOWLS

## PROCEDURE

01

HEAT A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD THE BUTTER AND SPRINKLE IN THE FLOUR. WHISK CONTINUOUSLY UNTIL THE ROUX REACHES A DARK CARAMEL COLOR. IT WILL TAKE ABOUT 15 - 20 MINUTES. DO NOT LET IT BURN AND BE SURE THAT THE FLOUR DOES NOT STICK IN THE CORNERS.

02

ADD THE ONIONS, BELL PEPPERS, CELERY, GARLIC, AND A LAYER OF SEASONING INCLUDING THE GINGER & AND TURMERIC (EXCEPT FOR BAY LEAVES, CAYENNE PEPPER, AND ITALIAN SEASONING). STIR THEN COOK FOR 3-5 MINUTES. FYI - TO TASTE = UNTIL THE ANCESTORS SAY, "STOP!"

03

ADD MUSHROOMS, LIQUID SMOKE, AND WORCESTERSHIRE SAUCE. COOK FOR 3-5 MINUTES. ADD OKRA AND ANOTHER LAYER OF SEASONING (EXCEPT FOR BAY LEAVES, CAYENNE PEPPER, AND ITALIAN SEASONING). SAUTÉ, STIRRING FREQUENTLY FOR 10 - 15 MINUTES UNTIL THE VEGETABLES ARE SOFT AND THE OKRA SLIME HAS DISAPPEARED.

04

ADD THE TOMATOES, 4 CUPS OF STOCK, BEANS, CAYENNE PEPPER, BAY LEAVES. ITALIAN SEASONING, A LAYER OF OTHER SEASONINGS AND HOT SAUCE (OPTIONAL). BRING TO A BOIL THEN LOWER THE HEAT TO LOW AND SIMMER FOR 30-45 MINUTES.

05

COOK RICE WHILE GUMBO IS SIMMERING. FEEL FREE TO ADD ADDITIONAL VEGETABLE STOCK IF YOU PREFER YOUR GUMBO THINNER.

06

ADD FRESH PARSLEY THEN SERVE. ENJOY!