



VEGETABLE GUMBO

Servings: 8

Ingredients

- 3 tablespoons vegetable oil
- 3 tablespoons all-purpose flour
- 1 1/2 cups onions, chopped
- 1 cup celery, diced
- 2 1/2 cups green bell pepper, diced
- 1 1/2 cups red bell pepper, diced
- 2 cups eggplant, diced
- 2 cups portobello mushrooms, diced
- 6 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 tablespoon smoked paprika
- 2 teaspoons salt
- 1/4 teaspoon ground nutmeg
- 1 quart vegetable stock or broth
- 1 cup canned tomatoes, diced
- 2 tablespoons soy sauce
- 1/2 teaspoon Tabasco sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 16 ounces canned red kidney beans, drained and rinsed
- 2 cups okra, sliced
- 1/2 cup sliced scallion, for garnish

Directions

Place the vegetable oil and flour in a heavy-bottomed pan. Turn the heat to medium and whisk the oil and flour continuously until the mixture becomes fragrant, about 5 minutes. Reduce the heat to low and let the roux cook until a dark caramel color forms.

Add the onions, celery, green bell pepper, red bell pepper, eggplant and the Portobello mushrooms. Let cook for 10 minutes; stir occasionally to prevent sticking.

Add the garlic, red pepper flakes, thyme, oregano, paprika, salt and nutmeg. Stir to combine, and then add the vegetable stock, diced tomatoes, soy sauce, Tabasco, apple cider vinegar and Worcestershire sauce.

Bring to a simmer, reduce the heat to low and cook for 30 minutes. Add the kidney beans and okra.

Cook for 15 minutes and remove from the heat.

Garnish with the scallions, and then serve with steamed rice and roasted carrots.

Side dishes

Cornbread
Collard-Green Salad



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