

Gumbo

Recipe



Base:

- 3 cups vegetable broth

Vegetables:

- 1 yellow onion, chopped
- 2 celery stalks, chopped
- 2 carrots, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, minced
- 12 okra pods, sliced
- 1 1/2 cups mushrooms, sliced
- 30 ounces canned diced tomatoes
- 30 ounces canned kidney beans, rinsed and drained

Seasoning:

- 2 tablespoons soy sauce
- 2 tablespoons cajun seasoning
- 1/4 teaspoon kosher salt
- 1/2 teaspoon thyme



Photo from <https://skinnynms.com/slow-cooker-vegan-gumbo-recipe/>

Thicken:

- 2 tablespoons tomato paste

Serve with:

- 2 cups of brown rice, cooked
- 1/4 cup parsley, chopped

Instructions:

1. Combine the base, vegetables and seasonings in a slow cooker.
2. Cook on high for 4 hours.
3. Stir in the tomato paste to thicken and cook for 30 minutes on high.
4. Serve gumbo over rice and sprinkle parsley on top. Enjoy!