



# Vegan Gumbo

## Ingredients:

- **For the Roux:**
  - ½ cup all-purpose flour
  - ½ cup vegetable oil (or vegan butter)
- **Gumbo Base:**
  - 1 large onion, diced
  - 1 green bell pepper, diced
  - 2 ribs celery, diced
  - 4 cloves garlic, minced
  - 1 cup okra, sliced (fresh or frozen)
  - 1 can diced tomatoes (14 oz)
  - 4 cups vegetable broth
  - 2 bay leaves
  - 1 tsp dried thyme
  - 1 tsp smoked paprika
  - 1 tsp cayenne pepper (adjust to taste)
  - 1 tsp dried oregano
  - 1 tbsp soy sauce or tamari (for extra umami flavor)
  - Salt and black pepper, to taste
- **Proteins:**
  - 1 cup vegan sausage, sliced (store-bought or homemade)
  - 1 cup vegan chicken chunks (such as tofu or seitan)
- **Serving:**
  - Cooked rice
  - Fresh parsley, chopped
  - Hot sauce (optional)

## Instructions:

In a large pot, heat the oil over medium heat. Slowly add the flour, whisking constantly to avoid burning. Continue stirring until the roux becomes a deep brown color, about 10–15 minutes.

Once the roux is ready, add the diced onion, bell pepper, celery, and garlic. Sauté until the vegetables soften, about 5–7 minutes.

1. **Add the Okra:**
  - Stir in the sliced okra, diced tomatoes, and seasonings (thyme, smoked paprika, cayenne, oregano, bay leaves). Let it cook for another 5 minutes to soften the okra.

2. **Add the Broth:**
  - Slowly pour in the vegetable broth while stirring, making sure the roux is well incorporated. Bring the mixture to a simmer and let it cook for 15 minutes. Add Soy Sauce or Tamari
3. **Add the Proteins:**
  - Add the vegan sausage and chicken chunks (tofu or seitan) to the pot. If using soy sauce or tamari for extra flavor, stir it in now. Cook for an additional 10 minutes, allowing the flavors to meld.
4. **Taste and Adjust:**
  - Taste the gumbo and adjust the seasoning with salt, pepper, or more cayenne if you like extra heat.
5. **Serve:**
  - Serve your vegan gumbo over cooked rice. Garnish with chopped parsley and a dash of hot sauce, if desired.