

Vegetable Gumbo

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Recipe source: [Spicy Southern Kitchen](#)

Serves: 8 servings



INGREDIENTS:

- 3 tablespoons vegetable oil
- 3 tablespoons all-purpose flour
- 1 medium tomato, chopped
- 1½ cups chopped onion
- 6 cloves garlic, minced
- 1 tablespoon vegetarian Worcestershire sauce
- 2 tablespoons Creole mustard – Note: If you can't find it use a hearty brown mustard
- 1½ teaspoons liquid smoke
- 1 tablespoon apple cider vinegar
- ½ teaspoon hot sauce
- 1 teaspoon soy sauce
- 1 teaspoon dried thyme
- 1 teaspoon red pepper flakes
- 1 tablespoon smoked paprika
- ¼ teaspoon nutmeg
- 1 teaspoon dried oregano
- 1 quart vegetable stock or broth
- 4 cups sliced okra – Note: I used frozen okra and sliced it (carefully) before it thawed
- 1 (16-ounce) can red beans, drained and rinsed
- 8 cremini mushrooms, quartered
- 1½ cups diced zucchini (1 medium)

- 1½ cups diced green pepper (1 large)
- 1½ cups diced red bell pepper (1 large)
- 1 cup thinly sliced celery
- 4 cups cooked jasmine rice
- ½ cup sliced green onion

DIRECTIONS:

- Place vegetable oil and flour in a Dutch Oven with a heavy bottom. Turn the heat on medium and whisk continuously until mixture becomes fragrant. This should take about 5 minutes.
- Turn heat to low or medium-low depending on the size and heat your burner gives off. Continue to whisk continuously (it's alright to stop for a few seconds here and there, but not for any length of time) until roux becomes a dark caramel color, like the color of an old penny. This could take anywhere between 20 and 50 minutes. Be patient.
- Remove Dutch oven from heat.
- In a food processor, process tomato, onion, garlic, Worcestershire sauce, mustard, liquid smoke, vinegar, hot sauce, soy sauce, thyme, red pepper flakes, paprika, nutmeg, and oregano until mixture is smooth.
- Place Dutch oven with roux over medium-high heat and add tomato/onion puree. Stir to mix together. Continue to cook until most of liquid has evaporated.
- Add vegetable stock and stir. Bring to a simmer.
- Add beans, mushrooms, zucchini, green and red pepper, and celery and simmer for 15 to 20 minutes.
- Serve with rice and green onions.