

Garden Gumbo

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 2 cups veggie broth
- 30 ounce tomatoes diced canned
- 0.3 teaspoon ground pepper to taste (or)
- 2 rib celery stalks chopped
- 16 ounce garbanzo beans drained canned ()
- 1.5 teaspoons thyme dried

- 8 ounces eggplant diced (see note)
- 2 cloves garlic minced
- 0.5 teaspoon garlic powder
- 0.5 teaspoon chipotle sauce to taste (or chipotle chile powder)
- 1 pound okra fresh sliced
- 1 medium onion chopped
- 1 teaspoon salt to taste (or)
- 1 teaspoons all the tabasco sauce you handle
- 2 tablespoons unbleached flour white
- 3 cups vegetable stock
- 1 medium bell pepper green yellow chopped

Equipment

- frying pan
- pot

Directions

- In a small skillet, toast the flour over medium-high heat, stirring constantly, until it is a uniform tan color, about the color of whole wheat flour. (If you use whole wheat flour for this, it will of course be darker.) Be very careful not to burn it.
- Remove from heat and set aside to cool.
- Heat a large non-stick pot and saut the onions, pepper, and celery over medium-high heat. When the vegetables begin to get brown, add the garlic and browned flour and stir to combine.
- Add the vegetable broth and tomatoes, stir, and add all the remaining ingredients. The gumbo should have enough liquid to resemble a chunky soup; if it is too dry, add some more vegetable broth or water. Cook for at least 30 minutes, until the flavors have a chance to mingle.
- Remove the bay leaves and serve over rice.

Nutrition Facts



■ PROTEIN 17.14% ■ FAT 10.41% ■ CARBS 72.45%

Properties

Glycemic Index:53.42, Glycemic Load:5.25, Inflammation Score:-8, Nutrition Score:15.649130427319%

Flavonoids

Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 120.3kcal (6.02%), Fat: 1.52g (2.35%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 16.87g (6.14%), Sugar: 6.72g (7.47%), Cholesterol: 0mg (0%), Sodium: 1207.47mg (52.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Manganese: 1.16mg (57.93%), Vitamin C: 37.36mg (45.28%), Vitamin B6: 0.6mg (29.96%), Fiber: 7.01g (28.02%), Vitamin K: 26.55µg (25.29%), Vitamin A: 950.93IU (19.02%), Folate: 68.53µg (17.13%), Magnesium: 67.76mg (16.94%), Potassium: 575.2mg (16.43%), Iron: 2.53mg (14.06%), Vitamin B1: 0.21mg (14.04%), Copper: 0.27mg (13.54%), Phosphorus: 118.55mg (11.86%), Calcium: 113mg (11.3%), Vitamin B3: 1.71mg (8.57%), Vitamin B2: 0.12mg (7.28%), Vitamin E: 1.06mg (7.09%), Zinc: 1mg (6.7%), Vitamin B5: 0.56mg (5.62%), Selenium: 2.71µg (3.87%)