



Gumbo Z'herbes with Perfect Rice

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup flour
- ☐ 2 tablespoons butter ()
- ☐ 0.8 teaspoon ground pepper
- ☐ 2 cups celery finely chopped
- ☐ 6 ounces collard greens sliced
- ☐ 3 tablespoons filé powder
- ☐ 5 large garlic clove chopped
- ☐ 2 cups spring onion sliced (8)

- ☐ 6 cups leek white green sliced (and pale parts only; from 5 large)
- ☐ 10 cups chicken broth divided
- ☐ 6 ounces mustard greens sliced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup parsley fresh italian chopped
- ☐ 10 servings rice
- ☐ 4 cups pkt spinach fresh
- ☐ 0.5 teaspoon sugar
- ☐ 4 cups watercress thick trimmed
- ☐ 11 tablespoons vegetable oil divided

Equipment

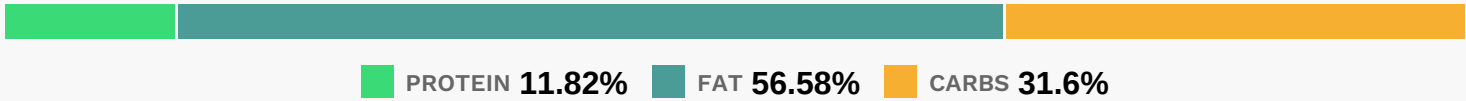
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in heavy extra-large pot over medium-high heat.
- ☐ Add ham; sauté until browned, about 10 minutes.
- ☐ Transfer to bowl and reserve. Melt butter in same large pot over medium-high heat.
- ☐ Add leeks and celery. Sauté until vegetables are soft, about 8 minutes.
- ☐ Add green onions, parsley, and garlic. Sauté until onions wilt, about 2 minutes. Reduce heat to medium-low.
- ☐ Add filé powder, oregano, and cayenne pepper. Stir 3 minutes.
- ☐ Add collard greens, mustard greens, watercress, spinach, and sugar. Toss to combine.
- ☐ Add 2 cups broth. Cover and cook until all greens are tender, stirring occasionally, about 15 minutes.
- ☐ Remove pot from heat.

- ☐ Working in batches of 2 cups, puree greens in processor, scraping down sides occasionally.
- ☐ Transfer puree to bowl.
- ☐ Heat 10 tablespoons oil in same pot over medium-high heat.
- ☐ Add flour; whisk until smooth. Cook until roux is peanut butter color, whisking often, about 7 minutes.
- ☐ Whisk in remaining 8 cups broth and bring to boil, whisking often.
- ☐ Add greens puree, then ham. Simmer gumbo 10 minutes to blend flavors. Season to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly; chill uncovered until cold, then cover and keep chilled. Rewarm over medium heat before serving.)
- ☐ Mound 1/4 cup warm rice in center of each bowl. Ladle gumbo around rice.
- ☐ *A powder made from ground sassafras leaves; available in the spice section of some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:54.73, Glycemic Load:8.7, Inflammation Score:-10, Nutrition Score:23.612608930339%

Flavonoids

Apigenin: 13.5mg, Apigenin: 13.5mg, Apigenin: 13.5mg, Apigenin: 13.5mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 13.73mg, Kaempferol: 13.73mg, Kaempferol: 13.73mg, Kaempferol: 13.73mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 290.92kcal (14.55%), Fat: 19.32g (29.72%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 20.16g (7.33%), Sugar: 3.84g (4.26%), Cholesterol: 6.02mg (2.01%), Sodium: 144.22mg (6.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.17%), Vitamin K: 411.99µg (392.37%), Vitamin A: 4754.05IU (95.08%), Vitamin C: 46.5mg (56.36%), Manganese: 0.7mg (34.99%), Folate: 130.57µg (32.64%), Vitamin B3: 4.69mg (23.44%), Vitamin E: 3.24mg (21.6%), Iron: 3.7mg (20.58%), Potassium: 680.62mg (19.45%), Calcium: 172.21mg (17.22%), Fiber: 4.11g (16.44%), Vitamin B6: 0.31mg (15.68%), Copper: 0.3mg (15.15%), Vitamin B2: 0.25mg (14.91%), Phosphorus: 148.8mg (14.88%), Magnesium: 53.23mg (13.31%), Vitamin B1: 0.18mg (11.71%), Selenium: 4.96µg (7.09%), Zinc: 0.74mg (4.93%), Vitamin B12: 0.24µg (4.01%), Vitamin B5: 0.36mg (3.62%)