



Mushroom and Tempeh Gumbo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper (use more f heat)
- 6 cups vegetable stock
- 3 cups brown rice cooked
- 1 teaspoon basil dried
- 1.5 teaspoons thyme dried
- 6 cloves garlic minced
- 0.5 teaspoon sea salt

- 1 large bell pepper green stemmed seeded finely chopped
- 4 ounces mushrooms sliced (I used a "gourmet blend" of cremini, oyster, maitake, and button mushrooms)
- 12 ounces okra fresh sliced
- 1 large onion finely chopped
- 1 teaspoon granulated onion
- 16 ounces portabello mushrooms stemmed sliced cut into inch-long pieces
- 2 large celery stalks finely chopped (medium)
- 0.5 teaspoon rubbed sage
- 6 servings salt to taste
- 1.5 teaspoons paprika smoked
- 2 teaspoons soya sauce gluten-free
- 8 ounces tempeh for alternatives (see note below)
- 0.3 teaspoon pepper white freshly ground (use more if heat)
- 0.3 cup flour gluten-free whole wheat (or)

Equipment

- bowl
- frying pan
- mixing bowl
- pot
- blender
- dutch oven

Directions

- Make the seasoning blend by mixing all the seasonings in a small bowl.
- Cut the tempeh into 1/2-inch cubes.
- Place it in a mixing bowl and drizzle it with the soy sauce and mix well.
- Sprinkle with 1 teaspoon of the seasoning blend, mix well, and set aside to marinate.

- Heat a large, dry soup pot or Dutch oven.
- Add the flour and toast, stirring constantly, until it turns the color of a paper bag and starts smelling nutty (see photo here). Be careful not to burn it, but if you do, wipe out your pan and start over.
- Remove from heat.
- Pour into a blender along with 2 cups of the broth and blend until combined. Set aside. Wipe out the pot and return it to the heat.
- Add the onion and cook until it begins to soften, adding water by the tablespoon if needed to prevent sticking.
- Add the celery and bell pepper and continue to cook another 2 minutes.
- Add the mushrooms and garlic and 2 tablespoons of water and cover tightly. Cook until mushrooms begin to soften, about 2 minutes. Give the flour mixture another quick whirl in the blender and add it to the vegetables, along with 4 cups of broth and the okra.
- Add all the remaining seasoning blend, and bring to a simmer. Reduce heat to low, cover, and cook for 25 minutes. While the gumbo is cooking, brown the tempeh.
- Heat a non-stick skillet and add the tempeh in a single layer. Cook, turning often, until it is browned on all sides. After the gumbo has cooked for 25 minutes, add the tempeh and, if the soup seems too thick, another cup of broth. Cook for a few more minutes. Check the seasoning and add salt if you like.
- Serve in bowls over brown rice with Louisiana hot sauce on the table.

Nutrition Facts



PROTEIN 19.09% **FAT 17.21%** **CARBS 63.7%**

Properties

Glycemic Index:62.37, Glycemic Load:14.79, Inflammation Score:-9, Nutrition Score:25.163478457409%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.63mg, Quercetin: 17.63mg, Quercetin: 17.63mg, Quercetin: 17.63mg

Nutrients (% of daily need)

Calories: 282.35kcal (14.12%), Fat: 5.76g (8.87%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 48g (16%), Net Carbohydrates: 41.1g (14.94%), Sugar: 7.22g (8.02%), Cholesterol: 0mg (0%), Sodium: 1266.06mg (55.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Manganese: 2.27mg (113.7%), Vitamin C: 38.54mg (46.71%), Vitamin B3: 7.29mg (36.45%), Copper: 0.68mg (34.24%), Phosphorus: 333.63mg (33.36%), Vitamin B6: 0.64mg (31.85%), Magnesium: 118.19mg (29.55%), Fiber: 6.9g (27.62%), Vitamin K: 28.35µg (27%), Vitamin A: 1307.49IU (26.15%), Potassium: 869.81mg (24.85%), Selenium: 16.96µg (24.23%), Vitamin B1: 0.34mg (22.87%), Vitamin B2: 0.39mg (22.81%), Folate: 81.71µg (20.43%), Vitamin B5: 1.88mg (18.78%), Iron: 3.34mg (18.53%), Zinc: 2.06mg (13.75%), Calcium: 132.75mg (13.27%), Vitamin E: 0.49mg (3.29%), Vitamin D: 0.26µg (1.76%), Vitamin B12: 0.08µg (1.26%)