



Ridiculously Easy Vegetable Gumbo

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



47 min.

SERVINGS



6

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 15 ounce canned tomatoes diced canned
- 1.5 cups chickpeas rinsed drained canned
- 0.5 teaspoon filé powder
- 4 cloves garlic minced
- 0.5 teaspoon granulated onion
- 6 servings hot sauce to taste
- 1.5 cups kidney beans rinsed drained canned

- 2 cups cooking spoons of blended tatashe-pepper mix cajun-style (roughly equal parts of each)
- 0.5 teaspoon salt smoked
- 1 teaspoon paprika smoked hot to taste
- 2 teaspoons soya sauce
- 1 teaspoon thyme leaves
- 2 servings vegetable stock (enough to flavor 2 cups of water)
- 24 ounce savory vegetable mixed frozen
- 4 cups water

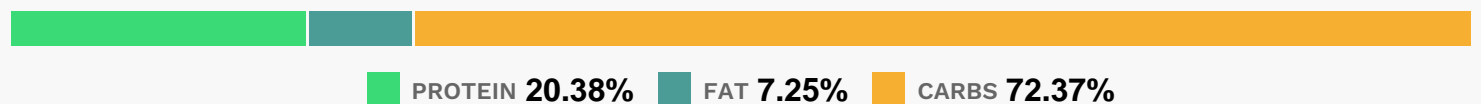
Equipment

- pot

Directions

- Heat a non-stick stock pot and saute the onion, pepper, and celery over medium heat until completely thawed (if frozen) and softened.
- Add all remaining ingredients EXCEPT the file powder and hickory salt. Cover and bring to a boil. Reduce heat and simmer until vegetables are tender, about 40 minutes, adding additional water as needed to form a thick stew.
- Add file powder and smoked salt and adjust seasonings as needed, adding salt and hot sauce to taste just before serving.
- Serve alone or over rice or other grain with additional hot sauce.

Nutrition Facts



Properties

Glycemic Index:54.84, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:22.775652325672%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.05mg, Quercetin:

3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 272.95kcal (13.65%), Fat: 2.35g (3.61%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 37.81g (13.75%), Sugar: 4.51g (5.02%), Cholesterol: 0mg (0%), Sodium: 833.37mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.69%), Vitamin A: 10405.23IU (208.1%), Fiber: 14.89g (59.58%), Manganese: 1.17mg (58.51%), Folate: 184.66µg (46.17%), Vitamin C: 23.61mg (28.62%), Iron: 4.92mg (27.34%), Phosphorus: 252.89mg (25.29%), Vitamin B1: 0.36mg (24.02%), Copper: 0.47mg (23.53%), Magnesium: 90.08mg (22.52%), Potassium: 730.05mg (20.86%), Vitamin B6: 0.33mg (16.67%), Vitamin B3: 3.01mg (15.06%), Zinc: 2.04mg (13.62%), Vitamin B2: 0.23mg (13.31%), Calcium: 113.81mg (11.38%), Vitamin B5: 0.56mg (5.6%), Vitamin K: 5.8µg (5.53%), Selenium: 3.17µg (4.52%), Vitamin E: 0.26mg (1.71%)