



Sweet Potato, Okra, and Chickpea Gumbo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 30 ounce tomatoes diced canned (fire-roasted preferred)
- 0.3 teaspoon ground pepper to taste (or)
- 2 ribs celery chopped
- 1.5 cups chickpeas rinsed cooked drained
- 4 cloves garlic clove chopped
- 1 large bell pepper green chopped

- 0.5 teaspoon liquid smoke
- 16 ounces okra trimmed sliced
- 1 large onion chopped
- 1 tablespoon peanut butter
- 1 teaspoon salt to taste ()
- 1 teaspoon paprika smoked (or regular)
- 14 ounces sweet potatoes and into peeled cut into 1/2-inch cubes
- 1 teaspoon hot sauce hot (I use a favorite sauce that isn't as spicy as Tabasco)
- 2 teaspoons thyme leaves
- 8 cups vegetable stock

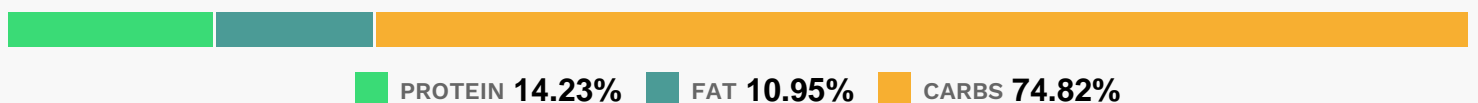
Equipment

- pot

Directions

- Heat a large pot.
- Add the onions and a pinch of baking soda (optional but speeds browning). Cook, stirring, until onions brown, adding water by the teaspoon if needed to prevent sticking.
- Add the pepper, celery, and garlic and cook for 2 more minutes.
- Add the water or vegetable broth and tomatoes, stirring to combine. Then add all the remaining ingredients except the liquid smoke and peanut butter. Simmer uncovered until sweet potatoes are tender and just close to falling apart, at least an hour to give flavors a chance to mingle. Just before serving, stir in the liquid smoke and peanut butter (it helps if you mix the peanut butter with a couple tablespoons of the hot broth first).
- Remove bay leaves and serve over rice.

Nutrition Facts



Properties

Glycemic Index:66.29, Glycemic Load:12.47, Inflammation Score:-10, Nutrition Score:27.212173980215%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 227.55kcal (11.38%), Fat: 2.97g (4.57%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 35.16g (12.78%), Sugar: 14.14g (15.71%), Cholesterol: 0mg (0%), Sodium: 1931.32mg (83.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.37%), Vitamin A: 11166.41IU (223.33%), Manganese: 1.49mg (74.67%), Vitamin C: 59.2mg (71.76%), Fiber: 10.5g (41.98%), Folate: 149.81µg (37.45%), Vitamin K: 37.3µg (35.52%), Vitamin B6: 0.67mg (33.32%), Potassium: 993.59mg (28.39%), Magnesium: 108.76mg (27.19%), Copper: 0.48mg (24.16%), Vitamin B1: 0.35mg (23.59%), Iron: 3.91mg (21.75%), Phosphorus: 203.41mg (20.34%), Calcium: 169.51mg (16.95%), Vitamin B3: 2.98mg (14.89%), Vitamin B2: 0.23mg (13.4%), Vitamin E: 1.99mg (13.3%), Vitamin B5: 1.14mg (11.44%), Zinc: 1.68mg (11.22%), Selenium: 3.19µg (4.56%)