

VEGAN GUMBO



PREP TIME

20 mins

COOK TIME

35-50 mins

SERVINGS

Family Size (6+)

RECIPE SOURCE: B FOREAL (YOUTUBE)

INGREDIENTS

- 14-oz. can of heart of palm
- 1/4 tsp kelp powder
- 1 Tbsp Dulse flakes
- 8 links vegan sausage (chipotle or Italian), chopped
- 2 Tbsp + 1/2 cup olive oil, separated
- 1/2 cup flour
- 1 Tbsp garlic, minced
- 1 onion, chopped
- 3 stalks of celery, chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1/2 cup mushroom, chopped
- 1/2 cup frozen okra
- 1 Tbsp Cajun seasoning
- 1 Tbsp Sazón complete seasoning
- 1 tsp smoked paprika
- 2 tsp ground gumbo filé
- Pinch of black pepper
- 28-oz. can of diced tomatoes
- 5 cups veggie stock
- 1 Tbsp vegan Worcestershire (optional)
- 1 Bay leaf

INSTRUCTIONS

1. Prepare crab substitute

- Remove heart of palm from can and fork apart
- In a medium sized bowl, add heart of palm, kelp powder, Dulse flakes, and liquid from heart of palm can
- Set aside and let marinate for 15 minutes

2. Heat pan with 2 Tbsp olive oil

- Over medium-high heat
- Add chopped sausage
- Fry for 5 minutes then remove
- Toss drained heart of palm into pot
- Heat for 3 minutes then remove

3. Make the roux (don't burn!)

- In a small pot over medium-low heat, heat 1/2 cup olive oil
- Gradually whisk in the flour
- Whisk consistently until chocolate brown in color (15-20 min). Turn down the heat if it starts to burn.

4. Add everything to the pot

- In a large pot, add veggies and seasonings, diced tomatoes, veggie stock, and Worcestershire sauce then stir
- Add bay leaf then let simmer for 25 minutes
- Store leftovers in fridge and enjoy within 4 days or freeze for up to 3 months.



Modified Vegan Gumbo



Prep time: 10 minutes | Cook time: 45-50 minutes | Servings: 4

Adapted from B foreal (YouTube)

ingredients

4 links vegan sausage (chipotle or Italian), chopped
1 Tbsp + 1/4 cup olive oil, separated
1/4 cup flour
2 cups chopped veggies (any combination of celery, bell peppers, mushrooms, okra)
1/2 onion, chopped
1/2 Tbsp garlic, minced (or sub 1/2 tsp garlic powder)
1/2 Tbsp Cajun seasoning
1/2 Tbsp Sazón seasoning
1/2 tsp smoked paprika
Pinch of black pepper
14-oz can diced tomatoes
2 and 1/2 cups veggie stock
1/2 Tbsp Worcestershire sauce (optional)
1 Bay leaf

directions

1. In a medium or large pan, heat 1 Tbsp olive oil over medium-high heat
2. Add chopped sausage. Fry for 5 minutes, then transfer to a bowl or plate.
3. In small pot, add 1/4 cup olive oil.
4. Gradually whisk in flour, then cook and whisk consistently until chocolate brown in color, 15-20 minutes. Be careful not to burn.
5. In a large pot add diced tomatoes, veggie stock, chopped veggies, onion, garlic, seasonings, and bay leaf.
6. Add roux and simmer for 25 minutes.
7. Serve over rice, if desired.
8. Store leftovers in the fridge and enjoy within 4 days, or freeze for up to 3 months.