

Okra Gumbo

Oscar · 28/09/2024

**Prep Time**

1 hr 15 mins

Difficult

Medium

Servings

8

Description

Thickened with a roux this vegetarian gumbo is rich with tomatoes onions mushrooms peppers and okra

Ingredients

- - 1 tablespoon vegetable oil - 1 clove garlic
- minced - 1 medium onion
- finely chopped - 1 medium green bell pepper
- finely chopped - ½ (16 ounce) package frozen okra
- thawed and sliced - 8 ounces fresh mushrooms
- sliced - 1 (14.5 ounce) can diced tomatoes with juice - 1 (6 ounce) can tomato paste - ½ teaspoon file powder - 2 bay leaves - 1 teaspoon salt - 1 teaspoon ground black pepper - 2 tablespoons vegetable oil - 2 tablespoons all-purpose flour

Instructions

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Stir in garlic
2. onion
3. and green bell pepper
4. and saute until tender. Stir in okra
5. mushrooms
6. diced tomatoes and their liquid
7. tomato paste
8. file powder
9. bay leaves
10. salt
11. and pepper. Cook
12. stirring occasionally
13. 40 minutes. Heat 2 tablespoons oil in a medium skillet over medium heat. Stirring constantly
14. add flour
15. and cook 2 to 5 minutes
16. until a golden brown roux has formed. Spoon the roux into the okra mixture
17. and continue to cook
18. stirring occasionally
19. 5 to 10 minutes
20. until thickened.