

Gumbo

Serves 6

2 Tbsp high heat cooking oil (I used organic canola)
1 package Tofurky Smoked Sausage Style, quartered lengthwise then sliced
1/2 Medium onion, diced
6 cloves garlic, minced
1 green bell pepper, coarsely chopped
3 celery ribs, sliced
1/2 Tbsp dried parsley
1/3 C unbleached flour
2 Tbsp vegan butter
1/4 C Worcestershire sauce (vegan)
2 Tbsp Braggs or tamari
3 C Imagine's 'No-Chicken Broth' (or other faux chicken broth or veg broth)
1 Not-Beef bouillon cube
1 Can Muir Glen fire roasted diced tomatoes (in liquid!)
2 C sliced frozen okra

Heat oil in Dutch oven. Add Tofurky sausage and cook over med/high heat until it starts to brown. Add onion, garlic, celery, pepper and parsley. Cook about 5 minutes over medium heat until they begin to soften. Move veggies with spatula to one side of Dutch oven and add flour to the other side. Whisk flour to 'toast'. Add vegan butter to flour side and whisk together about a minute or so and then start to whisk with some of the veggies and sausage to incorporate. Add Worcestershire and Braggs and whisk together. Add broth and bullion and continue whisking until gumbo thickens a little bit, about 5 minutes. Add tomatoes and okra, stir, cover and simmer for about 20-30 minutes for flavors to blend. Optional: add hot sauce to taste! (I have a 4 year old so heat is always optional and added at the end).