

Vegan Gumbo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 **Serving Size: 8 oz.**

| Ingredients | Quantity | Measure |
|------------------------------|----------|---------|
| Soup base, vegetable, no MSG | 4 | Ounces |
| Corn starch | 1 | Ounce |
| Pepper, red, fresh | 2 | Pounds |
| Onion, peeled | 2 | Pounds |
| Carrot, whole, peeled | 1 | Pound |
| Celery, fresh | 1 | Pound |
| Garlic, peeled | 2 | Ounces |
| File gumbo | 0.5 | Ounce |
| Cumin, ground | 0.5 | Ounce |
| Chili powder, dark | 0.5 | Ounce |
| Bay leaf, whole | 1 | Each |
| Thyme, fresh | 0.5 | Ounce |
| Turnip, diced | 2 | Pounds |
| Mushrooms, cremini | 2 | Pounds |
| Chickpeas, low sodium | 1 | Pound |
| Tomato, diced | 2 | Pounds |
| Salt, kosher | 2 | Ounces |
| Black pepper, ground | 0.5 | Ounce |
| Olive oil, extra virgin | 3 | Ounces |
| Grain, white | 2 | Cups |
| Cayenne, ground | 0.1 | Ounce |
| Smoked paprika | 1 | Ounce |

Preparation

1. Clean and trim carrots, celery and onions as needed then cut into 1" dice. Mince garlic. Halve cremini mushrooms. Pluck and chop thyme.
2. Hydrate soup base with 64 oz of water.
3. Heat large rondeau, add oil. Sauté bay leaf onions and garlic. Add peppers and carrots. Continue to cook for 2 minutes, add celery.
4. Add the rice and sauté for 2 minutes.
5. Add all of the spices and herbs at this point, continue to sauté another 1 minute.

Vegan Gumbo cont.

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6. Add the vegetable stock, followed by the turnips, tomatoes and beans. Bring to simmer and allow to cook for 30 minutes.
7. Combine corn starch with cold water. Whisk into gumbo. Allow to simmer another 10 minutes.
8. Adjust seasoning to taste and serve.