**Vegetarian Gumbo**

**Servings:**  4

**Prep Time**:  30 Minutes

**Cook Time**:  30 Minutes

**Total Time**:  1 Hour

**Equipment Needed**: Pot, Knife, Food Scissors (optional), Whisk (only needed if making your own Roux), Measuring Utensils

**Ingredients**:

***Roux****~*

2 Cups All Purpose Flour

OR

1 Box [Zatarains Gumbo Mix](https://www.google.com/search?client=safari&sca_esv=65b627a4699ea87d&sca_upv=1&channel=iphone_bm&q=zatarain%27s+gumbo+mix&tbm=shop&source=lnms&prmd=isvnmbtz&ved=1t:200715&ictx=111&biw=919&bih=819&dpr=2)

***Mirepoix~***

2 Cups Celery, diced

2 Cups Onion, diced

2 Cups Bell Peppers, diced (1 large, 1 red)

***Creole Seasonings~***

3 Tablespoons Garlic, minced

1 teaspoon Thyme

¼ teaspoon Cayenne

1 Tablespoon Cajun Seasoning (I used Slap Ya Mama)

1 teaspoon Smoked Paprika (optional)

***Ingredients~***

1 Vegetable Broth OR Vegetable Stock

1 Can Fire Roasted Tomatoes, diced

4 [Gardein Sausage Links Bratwurst](https://www.google.com/search?client=safari&sca_esv=6b1c5e95a3d0b06b&sca_upv=1&channel=iphone_bm&q=gardein+bratwurst+sausage+links&tbm=shop&source=lnms&prmd=isvnmbtz&ved=1t:200715&ictx=111&biw=919&bih=819&dpr=2)  OR [Tofurky Italian Sausages](https://www.google.com/search?client=safari&sca_esv=6b1c5e95a3d0b06b&sca_upv=1&channel=iphone_bm&q=tofurky%C2%A0italian+sausage&tbm=shop&source=lnms&prmd=isvnmbtz&ved=1t:200715&ictx=111&biw=919&bih=819&dpr=2), crispy, cut into ¼ pieces

1 [Daring Cajun Chicken](https://www.google.com/search?client=safari&sca_esv=6b1c5e95a3d0b06b&sca_upv=1&channel=iphone_bm&q=daring+cajun+chicken&tbm=shop&source=lnms&prmd=ivsnmbtz&ved=1t:200715&ictx=111&biw=919&bih=819&dpr=2), cut into strips

1 pound Okra, frozen

3-4 Tablespoons Corn Oil

3 Bay Leaves (remove after finished)

**Directions:**

1. If you are making the Roux, make it first. Pre-heat the oven to 425o and spread the flour on a baking pan on parchment paper (for easy transfer). Bake the roux for 45 Minutes on the middle rack.
2. Meanwhile, cut up the vegetable ingredients. Set aside.
3. Cook the Sausages in Corn Oil on Medium-High, until crispy. Set aside.
4. Cook the Chicken in the same Corn Oil (you may add a little if skillet is dry) on Medium-High. Set aside.
5. The Roux should be almost done now, so turn on the Pot and add 1-2 Tablespoons Corn Oil to the seasonings (Garlic, Cayenne, Cajun Seasoning.
6. Add the Mirepoix (Bell Peppers, Celery, Onions) to the Pot on Medium Heat.
7. Add the Vegetable Broth and Diced Tomatoes to the Pot, adding the Roux as a slurry. Whisk it into the Pot quickly. If you are using the Zatarains’s Gumbo Mix, now is the time to add to the Pot (as an added bonus, Zatarain’s has rice already cooked in). If you did not, make some Brown Rice to go along with the dish.
8. Add the cooked Chicken and Sausage. Cover and cook 30 Minutes.
9. Add the Okra and Bay Leaves during the last 5 Minutes. Ça c'est bon!
10. Serve and Enjoy!

 Variations: add Vegan Shrimp and/or Vegan Crab Meat found in Asian Grocery Stores.