

# Jill's Joyful Kitchen



## Quick and Easy Vegan Gumbo

5 cloves, whole  
3/4 cup chopped onion  
1 teaspoon olive oil  
2 celery stalks, thinly sliced  
1 green or red bell pepper, chopped small  
1 garlic clove, minced  
24 ounces canned, diced tomatoes  
1 cup frozen or fresh sliced okra  
1/4 teaspoon allspice  
1/4 teaspoon dried thyme  
1/8 teaspoon cayenne pepper (more if spicier is desired)  
1/2 teaspoon dried oregano  
1/2 teaspoon liquid smoke  
freshly ground pepper, to taste  
1/2 teaspoon sea salt, more to taste  
2 cups vegetable broth  
1 can kidney beans, rinsed and drained  
2 teaspoons cornstarch

Saute onions with cloves on medium heat for 5 minutes in olive oil. Remove cloves. Add celery, garlic, bell peppers and sauté for 3 minutes. Add tomatoes with liquid, spices, broth, kidney beans, salt, pepper, and okra. Reduce heat to medium-low, cover, and cook 25 minutes. Whisk cornstarch with 2 tablespoons of the liquid from the gumbo in a small bowl. Stir in cornstarch mixture and cook another 10 minutes, stirring occasionally and making sure gumbo does

not stick to the bottom of the pan. Serve in hollowed out sourdough loaf or over steamed brown rice.

