



# OKRA GUMBO

Serves: 8-10 (a lot of hungry people)

*This is a recipe my mom put together for our family.*

*A big thanks to Lynda Layng for her help to quantify and "recipe-ify" my mom's gumbo.*



## **Lynda Layng**

Certified Holistic Health Coach,  
Healthy Chef, Recipe Developer  
& Wellness Educator

[lyndalayng.com](http://lyndalayng.com)

## **INGREDIENTS**

- 1 cup oat flour
- 1 large Guidry's Seasoning OR (2 cups chopped onions, 1-1/2 cups chopped bell pepper, 1 cup chopped celery) AKA - *The Trinity*
- 1 tablespoon minced garlic
- 1 32-ounce box vegetable broth (I use Kitchen Basic brand)
- 6 cups of water (divided, 4 cups and 2 cups)
- 1 teaspoon cayenne pepper
- 1 teaspoon file gumbo
- 1 teaspoon garlic powder
- 1 tablespoon poultry seasoning
- 3 tablespoons parsley flakes
- 1/2 cup nutritional yeast
- 1 10-ounce can original Rotel tomatoes (I used the no salt)
- 1 28-ounce family size bag of frozen sliced okra
- 1 teaspoon salt (I use Himalaya salt, optional)
- Fresh ground black pepper to taste

## **PREPARATION**

In large pot start roux base. Add oat flour (dry) to the pan and cook (toast) over medium-high heat stirring constantly (this can burn quickly-so be patient and stay close). When it is toasted to a light brown (a little darker than the color of peanut butter) add trinity mix (onion, bell peppers, celery) and garlic and stir to combine.

Next add the box of vegetable broth and 4 cups water and stir to combine.  
*\*Chef Note: This will begin to thicken quickly.*

Next add your spices; cayenne pepper, file gumbo, garlic powder, poultry seasoning, parsley flakes, nutritional yeast, and Rotel tomatoes. Allow stew to simmer about 30 to 45 minutes. Stir as needed.

Then add frozen okra and 2 more cups of water. Simmer for about 1 hour. Stir as needed.

Season to taste with salt and pepper. And you're ready to serve.

Wonderful with brown rice.