

Lucky Vegetable and Sausage Gumbo

½ t.	Olive Oil
½ c.	Onion, chopped
½ c.	Bell Pepper, green, chopped
½ c.	Celery, chopped
1 ½ c.	Vegetable Broth, fat free
2 c.	Brown Rice, cooked
2 cn	Black Eyed Peas, drained and rinsed
2	Garlic Cloves, minced
1 cn	Tomatoes, diced (14.5 oz.) (can use fresh 2 cups, chopped)
1 cn	Green Chilies, drained and rinsed (or use fresh ½ cup)
½ c.	Okra, frozen or fresh
½ t.	Paprika
¼ t.	Cayenne
¾ t.	Cumin
1 t.	Lemon Juice
1 lb.	Italian Sausage (for vegetarian option omit)

1. Heat olive oil in a large sauce pan over medium heat and cook sausage, until no longer pink and cooked thoroughly. Add onion, pepper and celery until cooked tender.
2. Pour in the vegetable broth, rice, black eyed peas, garlic, diced tomatoes, green chilies, and okra.
3. Bring to a boil and reduce heat to low.
4. Simmer until reached desired thickness. Add spices and lemon juice. If too thick, gradually add water.

Makes 6 (1 cup) servings.

Original Recipe Adapted from Chickasaw Nation (Lucky Veggie Gumbo)

Demoed @
Muskogee F.M. on 9/25/13.