

THE GUCCHA

Veggie Gumbo

Recipe

Servings : 2

Vegan | Sugar-Free

Ingredients

- 2-3 tsp Cooking Oil
- 2 Garlic Cloves
- 1 tsp Ginger & Garlic paste (optional)
- 1/2 Medium Onion
- 2 Roma tomatoes (or) 1 Cup Grape Tomatoes
- 1/2 Cup Chopped Mushrooms
- 1/2 Cup Chopped Okra
- 1/2 Cup Black Beans (or any kind of beans)
- 1/4 Cup Cilantro
- Salt
- Paprika (or) Red Chilli Powder
- Cumin (optional)

Process

- Take a sauce pan and add cooking oil to it. Once oil is hot, add cumin seeds and chopped garlic. When garlic starts releasing aroma, add chopped onion. Close the lid and let onions caramelize for 2-3 mins on medium flame. (add ginger garlic paste if needed)
- Now add chopped tomatoes, 1/2 tsp of salt and cook till tomatoes become mushy. Can use canned tomatoes or tomato paste too.
- When tomatoes are mushy, add paprika, chopped okra, mushrooms, cooked black beans and veggie stock(or water) and cook with lid closed on medium flame for 5 mins or till okra becomes soft.
- After 5 mins add chopped cilantro and cook for 2 mins on low flame. Add more salt or paprika based on your taste.
- Off the flame and your Veggie Gumbo is ready to serve. Have with rice or just as it is!!

Thank you for visiting and hope you enjoyed the recipe. Make sure to tag @theguccha or #gucchafoods if you are recreating this recipe. Would love to see them!!

xoxo
Sindhu

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