

Garbanzo and Okra Gumbo



- 2 teaspoons olive oil
- 1 tablespoon flour
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 celery rib, chopped
- 1 clove garlic, minced
- 2 cups chicken broth, low sodium and fat free
- 4 cups diced tomatoes or 2 14-ounce cans diced no salt added tomatoes, undrained
- 2 cups cooked garbanzo beans (chickpeas) or 1 15-ounce can, no salt added, drained
- 1 pound fresh or frozen okra, sliced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 bay leaves
- ¼ teaspoon cayenne pepper
- 1 tablespoon Tabasco sauce
- 1 teaspoon dried thyme
- ½ teaspoon liquid smoke flavoring
- 1 to 2 cups water, if needed
- 3 cups cooked brown rice

1. Heat olive oil in a large sauce pan over medium-high heat. Add onion, pepper and celery and sauté, stirring constantly, until onion becomes transparent, about 5 minutes. Add garlic and stir 30 seconds.
2. Add flour and continue to stir until flour begins to brown slightly.
3. Stir in 2 cups broth, tomatoes and remaining ingredients. Stir well. Gumbo should have enough liquid to be a thick soup. If too dry, add water, 1 cup at a time.
4. Reduce heat and simmer 30 minutes. Remove bay leaves. Serve over rice.

Serves 6.

Nutrition Facts		
Servings per recipe: 6		
Calories 337	Calories from fat 45	
	% Daily Value	
Total Fat 5g		7%
Saturated Fat 1g		3%
Cholesterol trace		0%
Sodium 587mg		24%
Carbohydrate 61g		20%
Dietary Fiber 9g		37%
Protein 16g		32%
Vitamin A: 31%	Vitamin C: 105%	Folacin: 56%
Calcium: 18%	Iron: 28%	Potassium: 28%