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.

Serves 6.

Nutrition Facts
Servings per recipe: 6

<table>
<thead>
<tr>
<th>Calories 337</th>
<th>Calories from fat 45</th>
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</thead>
<tbody>
<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat  5g</td>
<td>7%</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>3%</td>
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<tr>
<td>Cholesterol trace</td>
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<tr>
<td>Sodium 587mg</td>
<td>24%</td>
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<tr>
<td>Carbohydrate 61g</td>
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<tr>
<td>Dietary Fiber 9g</td>
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<tr>
<td>Protein 16g</td>
<td>32%</td>
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Vitamin A: 31% Vitamin C: 105% Folacin: 56% Calcium: 18% Iron: 28% Potassium: 28%

Barbara Brown, Food Specialist, Oklahoma Cooperative Extension Service