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Where attitude is everywhere, and the goat rules, so watch your backside.

QUICK AND EASY Vegan recipes from the goat.

VEGAN GUMBO

INGREDIENTS

1 TBSP - vegetable oil
1 medium onion - diced
1 clove garlic - minced
1 TBSP - white flour
1 cup vegetable boullion
1 can - diced tomatoes
(or several fresh tomatoes)
1/2 can - red beans
1/4 cup brown rice
1/2 cup okra - 1/2" slices
1/2 cup - diced bell pepper
1 stalk celery - diced
1/2 tsp - salt
1/8 tsp - ground black pepper

tabasco sauce to taste

DIRECTIONS

Make up the brown rice first and set to the side.

Using a large sauce pan, saute the onion in the vegetable oil for 3 to 4 minutes. Add the garlic and saute 1 more minute. Next add the flour and stir until it is fully mixed with the oil.

Now add the vegetable boullion, tomatoes, red beans, brown rice, okra, bell pepper, and celery. Let this simmer for 15 minutes or so until the bell peppers are completely cooked.

Add the salt, black pepper, and 3 or 4 good jiggers of tabasco sauce. Go easy on the tabasco sauce at this stage. It is real easy to get too much. Your guest can add more to their bowl at the table if they want to.

This recipe makes about 6 servings.
Scale up or down for the quantity you need.

COMMENTS

Just thinking about our vegan gumbo is making us hungry. Traditionally, gumbo was made with whatever was available at the time. Don't be afraid to experiment with this recipe. Use what you have on hand. A note of caution if you are new to tobasco sauce, go easy with it. You can always add more, but it's real hard to take it back. Add don't forget to put out some crackers for your guest.

Enjoy!