



FAST. EASY. FRESH.

SOUTHERN-STYLE VEGAN GUMBO WITH PLANT-BASED SAUSAGE AND BROWN RICE

1. Start by prepping your ingredients. Peel and dice the **yellow onion**, peel and mince the **garlic**, dice the **celery**, and de-seed and dice the **green pepper**. Slice the **sausage** into bite-sized pieces.

2. Next, heat the **oil** in a large pot or Dutch oven over medium heat. Once hot, sprinkle in the **flour** and toast, stirring constantly, until the mixture turns golden brown, 2-3 minutes. Add the **onion, garlic, celery, bell pepper**, and a sprinkle of **salt** and stir to combine. Cook for two minutes, or until the vegetables begin to soften.

3. Add the **diced tomatoes, water, vegetable bouillon**, and **bay leaf** and stir to combine. Reduce the heat to medium-low and let simmer, uncovered, for 25-30 minutes.

4. Meanwhile, combine your **rice** with 1 ½ cups of water and a pinch of **salt** in a small pot. Bring to a boil over high heat, then reduce heat to low, cover, and simmer gently for 15-18 minutes, or until the water is absorbed. Set aside.

5. Once the gumbo has thickened, add the **sausage, Spice Mix (sage, smoked paprika, thyme, rosemary, and fennel seeds)** and around 1 tsp. ground **black pepper** to taste. Cook for 8 minutes further then taste, and adjust the seasoning as desired.

6. To serve, spoon the **rice** into dishes and top with the gumbo. Enjoy!



Ingredients (2 Person Serving – 901 Calories Per Serving)

Canola/Vegetable Oil	¼ Cup	Converted Brown Rice	¾ Cup
All-Purpose Flour	¼ Cup	Bay Leaf	1
Yellow Onion	1	Apple Sage “Sausage”	2 Links
Garlic	3 Cloves	Dried Sage	1 Tbsp.
Celery	2 Stalks	Smoked Paprika	1 tsp.
Green Bell Pepper	1	Dried Thyme	1 tsp.
Diced Tomatoes	1 398 ml Can	Dried Rosemary	1 tsp.
Water	3 Cups	Fennel Seeds	1 tsp.
Vegetable Bouillon	1 Cube	Salt and Pepper	To Taste

45 Minute Cook Time!