

Lauren's Kitchen: Green Gumbo



Now here is a twist to Gumbo that I bet you have not tried. The ingredient list does include optional andouille sausage links, however, this recipe is can be 100% plant based and is equally delicious without the rice if you are grain free. I found this to be a flavorful opportunity to enjoy the plethora of greens now readily available. Trust me, the leftovers will be coveted and the greens cook down quickly so consider increasing the proportions.

Here is what you will need:

2 tablespoons vegetable oil (*coconut or olive*)

1 cup chopped onions

1/2 cup chopped bell pepper

1/2 cup chopped celery, preferably the innermost ribs (reserve the leaves for later)

1/2 teaspoon kosher salt (*Pink Himalayan*)

1/4 teaspoon cayenne

1 large clove garlic, minced

4 cups water, vegetable stock, or chicken stock (*when I don't have homemade I use this brand available at Whole Foods*)

2 pounds assorted greens: collards, turnip, beet, mustard, chard, kale, or spinach, coarsely chopped

All the celery leaves from your head of celery, finely chopped

1 tablespoon fresh thyme leaves

1 tablespoon chopped fresh rosemary leaves

2 bay leaves (preferably fresh)

Juice of one lemon

1 to 2 tablespoons Worcestershire sauce (replace with coconut aminos)

Salt and freshly ground black pepper, to taste

Fruity olive oil, for serving

1 scallion, white and light green parts only, finely chopped

Cooked white or brown rice, for serving (*optional and can be replaced with quinoa or millet*)

Filé powder (optional)

Hot sauce, such as Tabasco (*Sriracha is a good option*)

Full cooking instructions can be found [here](#).