

Lucky Veggie Gumbo

½ T Olive oil
 ½ c Onion, chopped
 ½ c Bell pepper, green, chopped
 ½ c Celery, chopped
 1 ½ c Vegetable broth, fat free
 2 c Brown rice, cooked
 2 cn Black eyed peas, drained and rinsed
 2 Garlic cloves, minced
 1 cn Tomatoes, diced, drained and rinsed (14.5 oz)
 1 cn Green chilies, drained and rinsed (4 oz)
 ½ c Okra, frozen, optional
 ½ t Paprika
 ¼ t Cayenne
 ¾ t Cumin
 1 t Lemon juice

1. HEAT olive oil in a large sauce pan over medium heat and COOK the onion, pepper, and celery until tender.
2. POUR in the vegetable broth, rice, black eyed peas, garlic, diced tomatoes, green chilies, and okra.
3. Bring to a BOIL and REDUCE heat to low.
4. SIMMER until reached desired thickness. ADD spices and lemon juice. If too thick, gradually add water.

Makes 6- 1 c servings

Nutrition Information: 190 calories, 3 g fat, 0 mg cholesterol 150 mg sodium, 34 g carbohydrate, 8 g fiber, 10 g protein

Chickasaw Nation Nutrition Services

This material was funded by the USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores visit www.getfreshcooking.com.



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