



**NEW EPISODES
MONDAYS
AT NOON EST**

"Gumbo" Vegetarian Gumbo

**Onions, yellow and green, chopped
Sweet peppers and green, chopped
Celery, chopped
Garlic, chopped
1/2 cup vegetable oil
1/4 cup flour
2 quarts vegetable stock
1 lb vegetable sausage
1 lb tofu
1 small can diced tomatoes
Ground thyme to taste
Ground oregano to taste
Salt, black pepper to taste**

Heat vegetable oil over medium heat. Stir in flour with wire whip, continuously. Be careful not to burn the roux. When the roux is a shade darker than caramel, add vegetables. Add chicken stock and simmer until it resembles a thick soup.

After simmering for 10-15 minutes, add veggie sausage and tofu. Simmer an additional 15-20 minutes. Add seasonings and adjust to taste. Allow to simmer another 5-10 minutes. Adjust seasoning if necessary.