Blue Zones Project®

# Vegetarian Gumbo

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Cotter Crunch

## Ingredients:

1 tbsp olive oil
2 garlic cloves, minced
1 c red bell pepper, chopped
1.5 c onion, chopped
2 celery ribs, chopped
1 tbsp fresh thyme
1/2 tbsp fresh oregano
1/2 to 1 tsp Cajun mix spice
1/2 tsp cayenne
1 c lentils
3 c vegetable broth
2 c okra, chopped
1-13 oz diced tomatoes, no salt
2 tbsp Apple Cider Vinegar
1/2 c tomato sauce
opt: 1 c riced cauliflower
pepper to taste
garnish: sliced jalapeño & cilantro

Brought to Hawaii by **HMSA**

## Directions:

1. Saute oil, onion, garlic, bell pepper, celery for 5 minutes until softened and fragrant. Add spices and mix again for 1 minute. Add remaining ingredients (not salt & pepper). Mix together.
2. Place lid on Pot & pressure cook high for 12 minutes. Natural release works best to ensure lentils are fully cooked, but if in a bind, cover with cloth and press quick release.
3. After cooking add black pepper to taste.
4. Stir in a slurry & keep warm for another 10 minutes until gumbo has thickened (optional to thicken).
5. Ladle into bowls & garnish with red pepper flakes, jalapenos & fresh cilantro if desired.
   If adding the cauliflower rice, no need to serve with additional rice.

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