



## Vegetarian Gumbo

Source: [EatingWell](#)

### Ingredients

- 1/2 cup all-purpose flour
- 1/3 cup extra-virgin olive oil
- 1 small butternut squash, peeled, seeded and cubed (3/4- to 1-inch)
- 2 cups chopped yellow onions
- 2 cups chopped poblano peppers
- 1 cup chopped celery
- 8 cups low-sodium vegetable broth
- 1 (28 ounce) can whole plum tomatoes, drained and crushed
- 1 3/4 teaspoons salt
- 3 cups fresh okra, trimmed and sliced (3/4-inch)
- 3 cups chopped zucchini
- 2 (15 ounce) cans no-salt-added pinto beans, rinsed
- 2 tablespoons hot sauce
- 1 tablespoon red-wine vinegar
- 1/2 teaspoon ground pepper
- 4 cups cooked brown rice, warmed

### Directions

Whisk flour and oil in a 7-quart pot. Cook over medium heat, stirring frequently, until the mixture is deeply browned (the color of milk chocolate), 10 to 12 minutes. Add squash, onions, poblanos and celery; cook, stirring occasionally, until the vegetables are well coated and warmed through, about 5 minutes. Stir in broth, crushed tomatoes and salt; bring the mixture to a boil over high heat. Stir in okra; reduce heat to medium-high and simmer for 5 minutes. Stir in zucchini and beans; simmer until the squash is tender, about 5 minutes. Stir in hot sauce, vinegar and pepper. Serve over rice.