

Gumbo z'herbes

Ingredients:

- * 2 packages Baby Bella or Portabella Mushrooms
- * 1 cup Earth Balance Buttery Spread
- * 1 cup whole wheat pastry flour
- * 2 cups total (Trilogy): onions, bell peppers, celery
- * 1 tbsp garlic
- * 2-3 containers organic vegetable broth (or water)
- * Greens (whatever is in season) –
Mustard Greens, Collard Greens, Swiss Chard...
- * Green Onions



Directions:

Cut up mushrooms into bite size pieces and season with sea salt, red pepper and garlic. Sauté mushrooms in black iron skillet or pot with a tbsp of Earth Balance and set aside. In same skillet add equal parts Earth Balance and whole wheat pastry flour. Melt Earth Balance and slowly add flour stirring constantly over high heat until roux turns dark (color of peanut butter). Add onions, bell pepper and celery to roux and cook until tender. Add water or vegetable stock and cook for 30 mins. Clean and cut up green vegetables. Add greens and cook for another 5 mins. Add mushrooms and cook for another 5 mins. Serve over brown rice and top with green onions.