

## Okra Gumbo

Adapted from [AllRecipes.com](http://AllRecipes.com)

### Ingredients

1 tablespoon vegetable oil  
1 clove **garlic**, minced  
1 medium **onion** (~3/4 pound), finely chopped  
1 medium **green bell pepper**, finely chopped  
½ - 1 lb **okra** (fresh or frozen), sliced  
8 ounces fresh mushrooms, sliced  
1 (14.5 ounce) can diced tomatoes with juice or the equivalent amount of fresh **tomatoes** (about 2 large tomatoes), chopped  
1-2 cups water or vegetable broth (depending on desired consistency)  
2 bay leaves  
½ teaspoon ground thyme  
1 teaspoon salt  
1 teaspoon freshly ground black pepper  
2 tablespoons unsalted butter  
2 tablespoons all-purpose flour

### Directions

Heat the oil in a large saucepan or skillet with sides over medium heat. Add the onion and sauté for a few minutes. Add the bell pepper and sauté until both the onion and the pepper are tender. Add the garlic and sauté for about 1 minute. Add the mushrooms and sauté for a few minutes. Add the okra and sauté for a few minutes. Add the tomatoes, bay leaves, thyme, salt, pepper, and broth or water. Cook, stirring occasionally, for 40 minutes, adding more liquid if needed.

While the okra mixture is cooking make the roux: Heat 2 tablespoons butter in a small saucepan or skillet over medium heat. Add the flour and, stirring constantly, cook for 2 to 5 minutes, until the mixture is fragrant and has changed to a golden color.

After the 40 minutes of cooking add the roux to the okra mixture and continue to cook, stirring occasionally, for 5 to 10 minutes, until thickened.

Serve alone, with rice, or with bread.