

Chickpea Creole Serves 6

Ingredients

1 medium onion, chopped	8 ounces okra, sliced - fresh or frozen
1 sweet red pepper, chopped	1/2 tsp black pepper
2 celery ribs, chopped	2 bay leaves
16 ounces vegetable stock, divided - I used PlantStrong Foods Spanish Style Sofrito Broth	1/4 tsp cayenne pepper - less or more to taste
1 tablespoon white whole wheat flour	1 teaspoon hot sauce
1 - 14 ounce can crushed tomatoes	1 teaspoon thyme
1 - 14 ounce can fire-roasted diced tomatoes	1 teaspoon smoked paprika
1 - 16 ounce can chickpeas, drained and rinsed	1 teaspoon garlic powder
1 medium zucchini, diced	2 teaspoons liquid smoke

Instructions

1. In a large dutch oven, saute the onions, pepper, and celery adding a little water (teaspoon or two) to prevent sticking. Continue to saute adding additional water as needed until the onions begin to turn translucent.
2. Mix flour with 1/2 cup vegetable stock until flour is completely dissolved.
3. Add the remaining vegetable stock, tomatoes, and the flour mixture to the pot, stirring to combine.
4. Add remaining ingredients and give it a good stir. The creole should have enough liquid to resemble a thick soup. If need be, add an additional 1/2 cup or so of water or additional vegetable stock.
5. Bring to a boil, stirring frequently. Cover and reduce heat to maintain a slow simmer for 30 minutes. Remove the lid and continue to simmer uncovered an additional 10 minutes.
6. Remove bay leaves and serve over brown rice or your favorite whole grains along with your favorite hot sauce...I like Chipotle Tabasco with this dish.

