



END OF SEASON GUMBO

1/4 cup vegetable oil
2 medium onions, finely minced
2 48-oz jars of tomato juice
4 cups new potatoes, chopped into quarters
4 cups fresh tomatoes, chopped
1 bell pepper (red or green), chopped
2 ribs of celery, sliced
Kernels from 2 ears of corn, cut off the cob
1 1/2 cups okra, sliced
3/4 tsp fresh thyme
1/2 teaspoons dried oregano
1 teaspoon black pepper
Juice of 1 fresh lemon
1 teaspoon liquid smoke (if you're not adding smoked tofu or smoked meat product)
Salt to taste, if necessary

Optional add-ons

4 sausages, sliced (we used chicken sausages with apple)
Or 1 can navy beans, rinsed and drained
Or 1 block of smoked tofu, cut into dice-sized pieces
Or 1/4 - 1/2 pound smoked turkey or chicken, cut into dice-size pieces
6 cups cooked rice if you want to serve the gumbo over rice

1. Heat the vegetable oil over medium heat. Add the onion and sauté until translucent.
2. Add the tomato juice.
3. Add all the chopped vegetables: tomatoes, potatoes, bell pepper, celery, corn, and okra. Add the thyme and oregano. Cook for 20 minutes. Stir often to prevent the bottom from scorching, another 10-15 minutes. Check periodically.
4. Check the texture of the potatoes and okra. I like them kind of *al dente*, but you might like them a little bit softer.
5. Add the black pepper. Taste to see if salt is needed; add if necessary.
6. When you like the texture of the potatoes and okra, and you feel the soup is ready to serve, add the lemon juice and stir. Take the soup off the heat.
7. If using rice, turn rice into each individual soup bowl by packing it into a teacup and then inverting it. Pour the soup over the rice.