

Cheesy Vegetable Etouffee

Author: Amber Gibson



Makes 6 servings
Serving size: 116 g
Protein per serving: 1.5 g
Calories per serving: 112

Ingredients:

- 4 TBSP Butter, regular or unsalted
- 55 g Diced Onion
- 45 g Diced Celery
- 2 clove(s) Garlic, fresh cloves, chopped, minced
- 85 g Diced Bell Peppers
- 130 g Canned Diced Tomatoes
- 2 TBSP Wheat Starch
- 6 fl.oz. Vegetable Broth, ready-to-serve
- 150 g Chopped Zucchini
- 60 g Chopped Mushrooms
- 1 tsp Bay Leaf
- 2 TBSP Parsley, dried
- 1/2 tsp Thyme, ground
- 3/4 tsp Pepper, black

Instructions:

1. In a large skillet over medium heat melt the butter. Once the butter is heated add the onions, celery, garlic, and peppers. Cook for 5 minutes, stirring often.
2. Add the diced tomatoes to the skillet and stir. Now add the wheat starch to the skillet and cook until the starch has thickened and absorbed the liquid. Slowly pour in the broth while stirring. Cook for 1 minute. Add the zucchini, mushrooms, bay leaf, parsley, thyme, salt, and pepper. Cook over medium heat for 20 minutes, or until the etouffee has thickened and vegetables are tender.
3. Now sprinkle in the powdered cheese and stir. Serve hot over rice of your choice.