

Okra Gumbo With Chickpeas & Kidney Beans

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-rice-and-kidney-beans-recipe>

Ingredients:

- 3 tablespoons olive oil
- 1/4 cup flour
- 1 diced onion medium sized, large
- 3 cloves garlic minced
- 1 red peppers heaping cup sweet, diced large, or one red bell pepper
- 2 cups cherry tomatoes or chopped tomatoes
- 1 teaspoon salt
- black pepper fresh
- 2 bay leaves
- 2 teaspoons paprika smoked
- 8 fresh thyme springs, plus extra for garnish
- 2 3/4 cups vegetable broth at room temperature
- 2 cups okra about 10 oz sliced 1/4 inch thick or so
- 1 1/2 cups kidney beans cooked, a 15 oz can, rinsed and drained
- 1 1/2 cups garbanzo beans cooked, a 15 oz can, rinsed and drained
- 1 tablespoon fresh lemon juice
- rice for serving, I used a pretty pink rice

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 52 grams
3. Fat: 11 grams
4. Fiber: 12 grams
5. Protein: 15 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 850 milligrams
8. Sugar: 10 grams

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