

Green Gumbo (Gumbo Z'Herbes) - A Soulful Bowl of Southern Greens

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TIME
30 min

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ChefManiac

INGREDIENTS

- ¾ cup vegetable oil or peanut oil
- ¾ cup all-purpose flour
- 1 large green bell pepper, chopped
- 2 jalapeños, chopped (use serranos for extra heat)
- 1 large white onion, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, chopped
- 2 tablespoons Cajun seasoning (adjust to taste)
- 8 oz smoked beef or halal turkey sausage, sliced
- 8 oz diced smoked turkey or beef (optional)
- 6 cups vegetable or halal chicken stock
- 2 lbs mixed greens (collards, mustard, turnip, chard, etc.), chopped
- 2 bay leaves
- Cooked white rice, for serving (optional)

Notes on Ingredients:

Greens: Use a mix of at least three types of greens for complexity. Collards, mustard, and turnip greens are traditional.

Roux: Cooking the roux low and slow is key—don't rush! It builds the base of flavor.

Protein: Feel free to omit the meat for a vegetarian version. For depth, add smoked paprika or liquid smoke.

Instructions:

1. Make the Roux:

In a large, heavy-bottomed pot, heat the oil over medium.

Stir in the flour and cook, stirring constantly, for 20-30 minutes until it turns the color of dark peanut butter or chocolate.

2. SautØ the Vegetables:

Add chopped bell pepper, jalapeños, onion, and celery to the roux.

Cook for 5 minutes, stirring often.

3. Add Aromatics and Meat:

Stir in garlic, sausage, optional smoked meat, and Cajun seasoning.

Cook for another 1-2 minutes until fragrant.

4. Simmer with the Greens:

Add the stock, chopped greens, and bay leaves.

Bring to a gentle boil, then reduce heat and simmer, covered, for 90 minutes. Stir occasionally until greens are tender and flavors are well blended.

5. Serve:

Ladle hot over a scoop of white rice or serve as a rich stew.

Optional: Stir in a tablespoon or two of filØ powder just before serving for added thickness and flavor.

Tips for Success:

DIRECTIONS

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9. Serve: Ladle hot over a scoop of white rice or serve as a rich stew.
10. Optional: Stir in a tablespoon or two of filØ powder just before serving for added thickness and flavor.
11. Tips for Success: Constantly stir the roux-walk away and it will burn.
12. Use pre-washed chopped greens to save time.
13. Adjust the spice with extra jalapeños or a splash of hot sauce at the table.
14. Let it rest-green gumbo tastes even better the next day!
15. Serving Suggestions and Pairings: Pair your green gumbo with:

16. Easy : Turkey Wings for a Sunday supper with soul
17. Tomato : Skillet with Okra and Sausage to keep that Southern theme rolling
18. Sheet : Pan Quesadillas if you're serving a crowd
19. A tall glass of : Blueberry Lemonade to cool the heat
20. Storage and Leftovers: Refrigerate: Store in airtight containers for up to 5 days.
21. Freeze: Green gumbo freezes beautifully-cool completely and freeze in portions for up to 3 months.
22. Reheat: Gently reheat on the stovetop or microwave until hot throughout.
23. More Recipes You'll Love: Can't get enough Southern flavor? Try these next:
24. Cajun : Chicken Sausage Gumbo - classic comfort with a kick
25. Turkey : Wings - fall-off-the-bone goodness

SWAPS & NOTES

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Protein: Feel free to omit the meat for a vegetarian version.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/green-gumbo-gumbo-zherbes-a-soulful-bowl-of-southern-greens/>